

SUMMER 2010

SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



SHOREVIEWS



NEW!

The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August. Enjoy watching a popular movie by moonlight with your friends, family, and neighbors.

August 6 *Cloudy with a Chance of Meatballs*

August 13 *Mamma Mia!*

August 20 *The Wizard of Oz*

August 27 *Twilight*



Wednesdays, June 16 - August 18

7:00 P.M.

Shoreview Pavilion

(adjacent to the Shoreview Community Center)
4580 Victoria Street N, Shoreview, MN 55126

Come **celebrate** the City of Shoreview with a summer full of music for all ages. Bring your blanket and a picnic dinner and **make it a tradition!**

Concert Schedule




June 16	Dan Perry & Ice Cream	Variety
June 23	American Flyer.....	Oldies
June 30	Soul Tight Committee	R&B/Variety
July 7	Inpulse	A Capella
July 14	Dee Miller	Blues
July 21	Shoreview Northern Lights Variety Band	Community Band
July 28	Amy & Adams	Folk
August 4	Iron Horse	Country
August 11	Forty Shades of Green	Irish
August 18	Ambassadors of Swing	Big Band/Swing

For detailed information on these groups,
please visit our website @




www.shoreviewmn.gov

SHOREVIEW CALENDAR

MAY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park				¹ Cleanup Day Ramsey Co. Public Works Site
2 	3 City Council Meeting 7 pm, CC	4	5	6 Bikeways And Trails Committee 7 pm, LC	7	8
Recycling Week May 2-8						
9	10 Economic Dev. Authority 5 pm, CC Council Wrkshp 7 pm, CC	11	12	13	14	15
16 	17 City Council Meeting 7 pm, CC	18 Economic Dev. Comm. 7:30 am, UC	19 EQC Speaker's Series "Lakeshore Restoration" 7 pm, CC	20 Public Safety Committee 7 pm, LC	21	22
Recycling Week May 16-22						
23	24 Environ. Quality Comm. 7 pm, CC	25 Planning Comm. 7 pm, CC	26 Human Rights Comm. 7 pm, CC	27 Park And Recreation Committee 7 pm, CC	28	29
30 	31 City Hall Closed					

JUNE 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Bikeways And Trails Committee 7 pm, LC	4	5 Make a Splash —Read 10 am-2 pm Shoreview Library Free food and activities
Recycling Week May30-June 5						
6	7 City Council Meeting 7 pm, CC	8	9	10	11	12
13 	14 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	15 Economic Dev. Comm. 7:30 am, UC	16 Concert in the Commons 7 pm, SP	17	18	19
Recycling Week June 13-19						
20	21 City Council Meeting 7 pm, CC	22 Planning Comm. 7 pm, CC	23 Human Rights Comm. 7 pm, CC Concert in the Commons 7 pm, SP	24 Park And Recreation Committee 7 pm, CC	25 Wet & Wild 1-3:30 am, SCP	26
27 	28 Environ. Quality Comm. 7 pm, CC	29	30 Concert in the Commons 7 pm, SP			
Recycling Week June 27-July 3						

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

SHOREVIEW CALENDAR

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JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park		1 Bikeways And Trails Committee 7 pm, LC	2	3
4	5 City Hall Closed	6 Farmers' Market 3-7 pm, CCPL City Council Meeting 7 pm, CC	7 Concert in the Commons 7 pm, SP	8	9 Wet & Wild 1-3:30 am, SCP	10
11 	12 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	13 Farmers' Market 3-7 pm, CCPL	14 Concert in the Commons 7 pm, SP	15 Public Safety Committee 7 pm, LC	16	17
Recycling Week July 11-17						
18	19 City Council Meeting 7 pm, CC	20 Economic Dev. Comm. 7:30 am, UC Farmers' Market 3-7 pm, CCPL	21 Concert in the Commons 7 pm, SP	22 Park And Recreation Committee 7 pm, CC	23 Slice of Shoreview	24 Slice of Shoreview See page 5 Tour de Trails See page 4
25 Slice of Shoreview See page 5 	26 Environ. Quality Comm. 7 pm, CC	27 Planning Comm. 7 pm, CC Farmers' Market 3-7 pm, CCPL	28 Human Rights Comm. 7 pm, CC Concert in the Commons 7 pm, SP	29	30 Wet & Wild 1-3:30 am, SCP	31
Recycling Week July 25-31						

AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 City Council Meeting 7 pm, CC	3 Farmers' Market 3-7 pm, CCPL Night to Unite See page 4	4 Concert in the Commons 7 pm, SP	5 Bikeways And Trails Committee 7 pm, LC	6 Friday Night Flix See Back Cover	7
8 	9 Economic Dev. Authority 5 pm, CC Council Workshop 7 pm, CC	10 Farmers' Market 3-7 pm, CCPL	11 Concert in the Commons 7 pm, SP	12	13 Friday Night Flix See Back Cover	14 Turtleman Triathlon 8 am See page 4
Recycling Week August 8-14						
15	16 City Council Meeting 7 pm, CC	17 Economic Dev. Comm. 7:30 am, UC Farmers' Market 3-7 pm, CCPL	18 Concert in the Commons 7 pm, SP	19	20 Friday Night Flix See Back Cover	21
22 	23 Environ. Quality Comm. 7 pm, CC	24 Planning Comm. 7 pm, CC Farmers' Market 3-7 pm, CCPL	25 Human Rights Comm. 7 pm, CC	26 Park And Recreation Committee 7 pm, CC	27 Friday Night Flix See Back Cover	28
Recycling Week August 22-28						
29	30					

*** Meeting dates/times/locations are subject to change. For more current information visit www.shoreviewmn.gov or call 651.490.4600.

City Council

Sandy Martin, Mayor 651.490.4618
 sandymartin444@comcast.net
 Office Hours: Tuesdays 3-5 P.M.
 at City Hall

Blake Huffman 651.484.6703
 blakehuffman@comcast.net

Terry Quigley 651.484.5418
 tqigley@q.com

Ady Wickstrom 651.780.5245
 ady@adywickstrom.com

Ben Withhart 651.481.1040
 Benwithhart@yahoo.com

City of Shoreview

www.shoreviewmn.gov
 Phone 651.490.4600
 Parks & Recreation 651.490.4750
 Shoreview Comm. Center 651.490.4700

City

Terry Schwerm 651.490.4611
 City Manager tschwerm@shoreviewmn.gov

Jeanne Haapala 651.490.4621
 Finance Dir. jhaapala@shoreviewmn.gov

Tom Simonson 651.490.4612
 Assistant City Manager/Comm. Dev. Director
 tsimonson@shoreviewmn.gov

Jerry Haffeman 651.490.4751
 Parks and Recreation Director
 jhaffeman@shoreviewmn.gov

Mark Maloney 651.490.4651
 Public Works Director
 mmaloney@shoreviewmn.gov

Tower Interference 651.484.7510

Shoreview Area Library

4750 Victoria Street North
 Shoreview, MN 55126
 Phone: 651.486.2300
 www.ramsey.lib.mn.us

Federal Elected Officials

U.S. Senator Amy Klobuchar
 1200 Washington Avenue South, Suite 250
 Minneapolis, MN 55415
 Main Line: 612-727-5220
 Main Fax: 612-727-5223
 Toll Free: 1-888-224-9043

U.S. Senator Al Franken
 320 Hart Senate Office Building
 Washington, DC 20510
 DC Phone: 202-224-5641
 MN Phone: 651-221-1016
 Info@Franken.Senate.Gov

U.S. Representative Betty McCollum
 165 Western Avenue North
 Suite 17
 St. Paul, MN 55102
 651.224.9191
 www.house.gov/mccollum/contact.html

State Elected Officials

Governor Tim Pawlenty
 Minnesota State Capitol
 Room 130
 75 Rev. Martin Luther King Jr. Blvd.
 St. Paul, MN 55155
 651.296.3391
 tim.pawlenty@state.mn.us

State Senator Satveer Chaudhary-District 50
 317 State Office Building
 St. Paul, MN 55155
 651.296.4334
 Sen.satveer.chaudhary@senate.mn

State Senator Sandy Rummel-District 53
 323 Capitol Building
 St. Paul, MN 55155
 651.296.1253
 sen.sandy.rummel@senate.mn

State Senator John Marty-District 54
 323 State Office Building
 St. Paul, MN 55155
 651.296.5645
 Sen.john.marty@senate.mn

State Rep. Kate Knuth-District 50B
 429 State Office Building
 St. Paul, MN 55155
 651.296.0141
 Rep.kate.knuth@house.mn

State Rep. Paul Gardner-District 53A
 581 State Office Building
 St. Paul, MN 55155
 651.296.2907
 Rep.paul.gardner@house.mn

State Rep. Bev Scalze-District 54B
 357 State Office Building
 St. Paul, MN 55155
 651.296.7153
 Rep.bev.scalze@house.mn

County Elected Officials

Ramsey County Commissioner Tony Bennett
 City Hall-220 Courthouse
 15 W. Kellogg Boulevard
 St. Paul, MN 55102
 651.266.8350
 Tony.Bennett@co.ramsey.mn.us

Post Office

4390 McMenemy Street
 Vadnais Heights, MN 55127
 Phone: 651.481.1951

Police

Police protection is provided by the
Ramsey County Sheriff's Department. The
 District Office is located at 1411 Paul
 Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call
 651.484.3366**

For emergencies call 911

Fire

**For emergencies call 911
 Dispatch, Non-emergency
 651.767.0640**

Lake Johanna Fire Department
 Fire Chief, Tim Boehlke 651.481.7024

Station 1

3246 New Brighton Road
 Arden Hills, MN. 55126 651.633.0349

Station 2

4676 Hodgson Road
 North Oaks, MN. 55127 651.484.3444

Station 3 (Headquarters)

5545 Lexington Avenue North
 Shoreview MN 55126 651.481.7024

Station 4

3615 Victoria Street
 Shoreview MN 55126 651.483.0767

Ambulance & Paramedic

Ambulance and paramedic services are
 provided by Allina Medical Transportation.

For emergencies call 911

Hours:

Mon. 10 A.M. – 8:30 P.M.
 Tues. & Wed. 1:30 P.M. – 8:30 P.M.
 Thurs., Fri., & Sat. 10 A.M. – 5 P.M.
 Sun. noon – 5 P.M.

Animal Control

If you wish to report a lost or found pet,
 animal complaints or wandering pets, call
 the Ramsey County Sheriff's Office non-
 emergency number at 651.484.3366.
 For other emergencies call 911.

All impounded animals will be impounded
 at the following location:

Hillcrest Animal Hospital
 1320 Highway 61
 Maplewood, MN 55109
 651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.
 Tues and Thurs 8 A.M. – 8 P.M.

ShoreViews is published four times a year by the City of Shoreview and is mailed free of charge to City residents. Send comments, suggestions and submissions to the City Editor, Tessia Melvin, or to Parks and Recreation Editor, Shari Kunza at ShoreViews, 4600 N. Victoria St., Shoreview, MN 55126.

The City of Shoreview and the U.S. Postal Service make every effort to deliver ShoreViews in a timely manner. Extra copies are available at City Hall and at the Parks and Recreation office.

Tour de Trails: Saturday, July 24

Discover why Shoreview won the “Bicycle Friendly” Award

For the ninth year, Shoreview will host the Tour de Trails. Don't miss out on the leisurely ride that passes through some of the most scenic parkland.

When: Start 8 a.m. It will be finished in time to participate in the Slice of Shoreview Parade

Where: The race begins at Deluxe Check parking lot, across from Island Lake Park

Registration: Participants are encouraged to pre-register for \$20 per family or \$7 per person. Online registration at Shoreview Online Payments www.shoreviewmn.gov.

*Bicycle helmets are required for everyone.

Contact information: Gene Kruckenberg at gkruckenberg@shoreviewmn.gov or 651.490.4665



Are you an avid bicyclist or want to be? Check out these additional resources Twin Cities Bicycle Club at www.bikemn.com and www.mnclist.com. Here you can get information on other bike rides, share tips and more.

Night to Unite: Tuesday, August 3

Shoreview residents are encouraged along with Ramsey County Sheriff's Department to celebrate crime prevention. This event will celebrate and strengthen neighborhood and community partnerships.

Register online at www.co.ramsey.mn.us/sheriff

Hosting a Block Party?

You must submit a written letter of intent when planning a neighborhood block party. Shoreview participates in the Night to Unite event held at the beginning of August each year, and residents are encouraged to host block parties at this time. Block Party Permits can be obtained by calling the Shoreview Public Works Department at 651.490.4650. All permits are responded to in writing by the Public Works Department.



Turtleman Triathlon: Saturday, August 14, 2010

“Minnesota’s Oldest Triathlon” Turtle Lake Park, Shoreview, MN

The Turtleman Triathlon strives to create a community supported, high caliber, safe event for athletes of all ages and abilities. In association with the race, we seek to give back to the local communities and promote participation in multi-sports for a healthy lifestyle.

The event is great for athletes, spectators and volunteers. Visit www.turtleman.org for more information.

Schedule of Events 2010

Thursday, Aug. 12 4PM to 6PM

Gear West Triathlon, Packet Pick-up

Friday, Aug. 13 4PM to 8PM

Shoreview Comm. Center, Packet Pick-up

Saturday, Aug. 14 Turtle Lake Park, Shoreview, MN

6:00 AM Transition Area Opens (All Athletes must have number on bike to enter transition area)

7:30 AM Transition Area Closes (All Athletes must be checked in)

7:45 AM Pre-Race Meeting, Nat'l Anthem

8:00 AM Open Elite Wave starts Swim

8:05 AM Relay Wave starts Swim

8:10 AM Age Group Athletes start Swim (Time Trial)

11:30 AM Awards Ceremony, followed by drawings





Slice of Shoreview

July 23-25

We'll be Makin' Magic at Island Lake County Park July 23-25 this summer.

Whether it's a parade or a car show, an art fair or a talent show, there will be something for everyone at this year's Slice of Shoreview. As always, there will be exciting entertainment and delicious food.

Returning attractions include:

- Carnival
- Petting Zoo
- Pony Rides
- Saturday night's spectacular fireworks display
- Sunday morning church service

Musical entertainment will showcase:

- Shoreview's own Jimtones
- The Rockin' Hollywoods
- The Backyard Band and the Ice Cream Band featuring Dan Perry

Special attraction this year:

- Dock Dogs as seen on ESPN

The Slice of Shoreview is an annual festival held to celebrate life in Shoreview, Minnesota. The "Slice", as it has come to be known, takes place over the last weekend of July and incorporates a wide variety of family-oriented activities including a carnival, parade, art and craft fair, food vendors, various displays and demonstrations, talent show, lots of entertainment and of course fireworks.

Attend or Be a Participant in the following events:

- Booths for art vendors, nonprofits, businesses and food vendors
- Car and Motorcycle show
- Sponsor one of the many events and have your business recognized
- Show off your business or organization in the parade

For more information visit, www.sliceofshoreview.com.



*Special Issue**Emerald Ash Borer Alert***Quarantine**

The Hennepin and Ramsey County Ash Quarantine prohibit the following transport of Ash.

- Entire ash trees (mature or nursery)
- Ash limbs or branches
- Ash logs
- Untreated ash lumber with bark attached or ash bark chips.
- Any firewood of non-evergreen species.

Treatment Options

Treatment options are available at this time for EAB via local arborists. Methods include either soil drench or direct injection methods, but can often become pricey because they require repetition on an annual basis. In addition, available insecticide options are relatively new and not yet perfected, meaning success rates below 100 percent. More information on treatment methods can also be found at www.emeraldashborer.info/treatment.cfm

A Local Concern

EAB is a concerning topic locally due to 9.5% of Shoreview's trees being ash. Resident awareness of EAB is crucial in preventing its spread, with movement of infested firewood being a main contributor to the spread of EAB. It takes 2-3 years upon infestation to harm and kill the tree; therefore early detection is important. Though EAB has not been identified in Shoreview, it will arrive soon due to Shoreview's close proximity to infested areas of St. Paul and Falcon Heights. Be on the lookout if you have ash trees on your property, especially in the spring and summer months.

City of Shoreview

Emerald Ash Borer

Origin and Spread of EAB

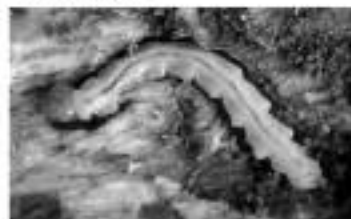
The emerald ash borer (EAB) is an exotic beetle native to Asia, which attacks and kills ash trees. The adult EAB measures ½ inch long and can be recognized by its sparkly green coat and purplish red abdomen. However, it's the larvae that have been damaging and killing ash trees across the Eastern and Mid-western parts of the United States. Measuring up to an inch in length, these cream colored pests burrow through ash in s-shaped patterns feeding on the living tissue in the phloem layer, between the bark and the wood. This interrupts the transport of nu-

trients and water in the tree, causing it to die.

First found in Michigan in 2001, EAB has spread all over the region, including 13 states and two Canadian provinces. Seven years after it was first discovered, millions of ash have already died as a result of EAB. Some cities are already reporting ash mortality rates of 100 percent. In spring 2009, EAB was identified in St. Paul, MN. This poses as a threat to all of Minnesota's estimated 867 million ash trees, our local economies, plant communities, dependent wildlife, and the quality of our water.



EAB Adult



EAB Larvae



Infested Ash Tree in Decline

What to do if you suspect your Ash is infected.

Contact the MDA's Arrest the Pest Hotline at 651.201.6684 or City Forester, Gene Kruckenberg, at 651.490.4665. More information on EAB can also be found online at www.emeraldashborer.info.

What to look for!

Signs and Symptoms of EAB include...

- Decline in growth at the top of the canopy and roots sprouting from the trunk.
- Vertical fissures in the bark revealing the s-shaped galleries of the larvae.
- Increased woodpecker activity on the bark of the tree.
- D-shaped exit holes on the outside part of the tree 3 to 4 mm in diameter.

What's so Bad About Buckthorn?

Buckthorn is an invasive Eurasian shrub/tree that was originally imported to Minnesota as an ornamental border plant. It was a big mistake, because it spreads very quickly through its roots and berries, and overtakes all other native plants. It is a great threat to the old oak forests we have in Shoreview.

To get rid of it, you have to pull it up by the roots, or cut it down and spray the stump with a powerful herbicide that will prevent it from coming back and spreading.

The Shoreview Green Community Clean Water Committee has been sponsoring a Buckthorn Bust at the Shoreview Commons Pond every spring and fall for several years. Other groups have also tackled Buckthorn in other areas of Shoreview.

We need everyone to remove Buckthorn from their own property. To do this, you will need to become familiar enough with it to feel confident that you are cutting down the right thing. The best way to do that is to participate in one of the Shoreview Green Community Buckthorn Busts. Watch for our upcoming Bust.

Sue Rengstorf, Shoreview Environmental Quality Committee

Why is buckthorn such a problem?

- Out-competes native plants for nutrients, light, and moisture
- Degrades wildlife habitat
- Threatens the future of forests, wetlands, prairies, and other natural habitats
- Contributes to erosion by shading out other plants that grow on the forest floor
- Serves as host to other pests, such as crown rust fungus and soybean aphid
- Forms an impenetrable layer of vegetation
- Lacks "natural controls" like insects or disease that would curb its growth

Herbicides to Control Buckthorn

Trade Name	Chemical Name	Concentration	Use
Ortho Brush-B-Gon	Triclopyr amine	Premixed at 8%	Cut stump
Ferti-Lome Brush Killer and Stump Killer	Triclopyr amine	Premixed at 8.8%	Cut stump
Garlon 3A	Triclopyr amine	25-50% solution with water	Cut stump
Garlon 4	Triclopyr ester	1 part Garlon 4 and 3 parts bark oil/diluent	Cut stump or basal bark
Roundup, Rodeo, Accord, Etc.	Glyphosate	25-50% solution with water	Cut stump



Always read and follow the instructions and precautions on the herbicide label.

Reference to chemical brand names in this column does not imply endorsement of those products. The herbicides listed in this article may be available under other brand names with the same active ingredient that are equally effective.

Call Before You Dig. Before you pull or dig buckthorn out of your soil, contact Gopher State One at 1.800.252.1166.

City of Shoreview's Lawn Watering Policy

The City enforces watering restrictions using odd/even day water restrictions between May 15-September 15 of each year. Residents with even-numbered houses (last digit of house address) can water lawns on even-numbered calendar days and odd-numbered houses on odd-number calendar days. These restrictions do not apply to properties that use a private well for watering purposes, or for water uses including car washing, filling a children's swimming pools, children playing in a hose-operated sprinkler or water toy or hand-held

watering of plants and shrubs. Residents with newly sodded or seeded yards may obtain an exemption from the odd-even restriction for a period of two weeks.

The penalties for violations include:

1st Penalty	Warning
2nd Penalty	\$25
3rd Penalty	\$50
4th Penalty	Referred to the City Attorney for Prosecution

Residents requesting an exemption should call the Public Works Department at 651.490.4650.



Water Emergency Questions

If you have a water emergency after business hours, please contact the Ramsey County Sheriff's Office at 651.484.3366.

Contact Information

If you have any questions about the Water Quality Report or concerning your drinking water supply, please contact the Public Works Director, Mark Maloney, at 651.490.4650.

Shoreview's Water Source

The City of Shoreview provides drinking water to its residents from a groundwater source. Six wells ranging from 395 to 442 feet deep draw water from the Prairie Du Chien-Jordan, Quaternary Buried Artesian, and Jordan-St. Lawrence aquifers.

The water provided to customers may meet drinking water standards, but Minnesota Department of Health has also made a determination as to how vulnerable the source of water may be to future contamination incidents. If you wish to obtain the entire source water assessment regarding your drinking water, please call 651-201-4700 or 1-800-818-9318 (and press 5) during normal business hours. Also, you can view it on line at www.health.state.mn.us/divs/eh/water/swp/swa.

In accordance with federal and state laws, Shoreview's drinking water is monitored regularly for contaminants. This report contains the results of monitoring done on its drinking water for the period from JANUARY 1 TO DECEMBER 31, 2009. The purpose of this report is to advance consumers' understanding of drinking water and heighten awareness of the need to protect precious water resources.

As shown, no contaminants were detected at levels that violated drinking water standards. Some contaminants were detected in trace amounts, but well below the legal limits. The tables show the sampling results for these trace-level contaminants.

Compliance with National Primary Drinking Water Regulations

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, spring and wells. As water travels over the surface of land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

Microbial contaminants: such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

Inorganic contaminants: such as salts and metals, which can be naturally occurring or result from urban storm-water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

Pesticides and herbicides: which may come from a variety of sources such as agriculture, urban storm-water runoff and residential uses.

Organic chemical contaminants: including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm-water runoff and septic systems.

Radioactive contaminants: which can naturally be occurring or the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the USEFP prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration regulations establish limits for contaminants in bottled water, which provide the same protection for public health.

We're Concerned About Your Health

Shoreview has excellent drinking water. Nonetheless, it is important to understand that all sources of drinking water are subject to potential contamination by constituents that are naturally occurring or man made. Those contaminants can be microbes, organic chemicals, inorganic chemicals or radioactive materials. All drinking water, including bottled water, may reasonably be expected to contain small amounts of some contaminants. Small amounts of contaminants do not necessarily pose a health risk. For more information about contaminants and potential effects, contact the USEPA's Safe Drinking Water Hotline at 1.800.426.4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons can be particularly at risk from infections. These include people with cancer who are undergoing chemotherapy, people who have received transplanted organs, people with HIV/AIDS or other immune system disorders, some elderly and infants. These people or their guardians should seek advice about drinking water from their healthcare providers. EPA/Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by cryptosporidium are available from the Safe Drinking Water Hotline at 1.800.426.4791.

Lead in drinking water is rarely the sole cause of lead poisoning, but it can add to a person's total lead exposure. All potential sources of lead in the household should be identified, and removed, replaced or reduced.

2009 DRINKING WATER QUALITY REPORT

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Contaminants found at levels below MCL, in tests conducted by MDH						
Contaminant (units)	Meets Standard?	MCLG	MCL	Level Found		Typical Source of Contamination
				2008 Range	Average/ Result *	
Barium (ppm) (6/19/2006)	Yes	2.0	2.0	N/A	0.07	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
TTHM (total trihalomethane) (ppb)	Yes	0	80	N/A	.4	By-product of drinking water disinfection
Fluoride (ppm)	Yes	4.0	4.0	1 – 1.6	1.38	State of MN requires all municipal water systems to add fluoride to the drinking water to promote strong teeth; Erosion of natural deposits. Discharge from fertilizer and aluminum factories
Radon (pCi/l) (12/12/2005)	Yes			N/A	131	Erosion of natural deposits
Radon is a radioactive gas which is naturally occurring in some groundwater. It poses a lung cancer risk when gas is released from water into air (as occurs during showering, bathing or washing dishes or clothes) and a stomach cancer risk when it is ingested. Because radon in indoor air poses a much greater health risk than radon in drinking water, an Alternative Maximum Contaminant Level (AMCL) of 4,000 picoCuries per liter may apply in states that adopted an Indoor Air Program, which compels citizens, homeowners, schools and communities to reduce the radon threat from indoor air. For states without such a program, the Maximum Contaminant Level (MCL) of 3000 pCi/l may apply. Minnesota plans to adopt an Indoor Air Program once the Radon rule is finalized.						
Samples taken from Shoreview homes and tested by an independent lab.						
Contaminant	Meets Standard?	AL	90% Level	Number of Sites Over AL	Typical Source of Contamination	
Copper (ppm) (8/9/2007)	Yes	1.3	.23	0 of 30	Corrosion of household plumbing; Erosion of natural deposits	
Lead (ppb) (8/9/2007)	Yes	15	3	0 of 30	Corrosion of household plumbing; Erosion of natural deposits	
If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Shoreview is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 20 seconds to 2 minutes before using water for drinking or cooking. If you are concerned with lead in your water, you may wish to have your water test. Information on lead in drinking water, testing methods and steps you can take to minimize exposure is available from the SafeWater Hotline or www.epa.gov/safewater/lead .						
"Unregulated Contaminants" found in tests conducted by MDH						
Monitoring for unregulated contaminants as required by U.S. Environmental Protection Agency rules (40CFR 141.40) was conducted in 2008. Results of the unregulated contaminant monitoring are available upon request from Cindy Swanson, Minnesota Department of Health, at 651/201-4858. No MCL has been established for some contaminants. To determine if these "unregulated contaminants" pose a threat to human health, they are assessed using state standards known as health risk limits. If an unacceptable level of an unregulated contaminant is found, the response is the same as if an MCL had been exceeded. The water system must inform its customers and take other corrective actions.						
Contaminant (units)	Meets Standards?	Level Found		Typical Source of Contamination		
		Range 2007	Average/Result			
Sulfate (ppm) 5/4/99	Yes!	nd-8.96	6.96	Erosion of natural deposits		
Sodium (ppm) 5/4/99	Yes!	N/A	5.4	Erosion of natural deposits		
Controlled Disinfectant Additive						
Contaminant (units)	MRDLG	MRDL	Highest and Lowest Monthly Average	Highest Quarterly Average	Typical Source of Contamination	
Chlorine (ppm)	4	4	.8-1.1	.84	Water additive used to control microbes	
* 1. This is the value used to determine compliance with federal standards. It is sometimes the highest value detected and sometimes an average of all detected values. If it is an average, it may contain sampling results from the previous year. 2. Some contaminants are sampled less frequently than once a year. For contaminants not sampled in 2008 but detected in a previous year, the table includes the sampling date.						

KEY TO ABBREVIATIONS

ppm: Parts per Million, for example, 1 gallon is one part per million in 1 million gallons and one tablespoon is 1 part per million tablespoons

ppb: Parts per Billion

pCi/l: PicoCuries Per Liter (a measure of radioactivity)

N/A: Not Applicable

MRDLG (Maximum Residual Disinfectant Level Goal)

MCLG (Maximum Residual Disinfectant Level)

MCLG (Maximum Contaminant Level Goal): The goal is the level of contaminant in drinking water below which there is known or expected risk to health. MCLGs allow for a margin of safety.

MCL (Maximum Contaminant Level): This is the highest level of a contaminant allowed in drinking water. MCLs are set as close to MCLGs as feasible using the best available treatment technology.

Nd: No Detection

AL: (Action Level): The concentration of a contaminant which, if exceeded, triggers treatment or other requirements that a water system must follow.

90% Level: This is the value obtained after disregarding 10% of samples taken that had the highest levels. (For example, if 10 samples are taken 90% level is determined by disregarding the highest-level sample and averaging the nine others. When only five samples have been taken, the average of the two highest-levels is taken.

Shoreview-Einhausen Sister City Association (SESCA)



Shoreview-Einhausen Sister City Association (SESCA) is a volunteer nonprofit organization that promotes friendship and international goodwill by building

relationships between the citizens of Shoreview, Minnesota and Einhausen, Germany. There are many opportunities for involvement in social and cultural activities during the year.

The SESCO Annual Meeting was held March 1st. Elections were held for Board of Directors and Officers. Those elected and continuing Board Members include.....

The eighth annual SESCO German Dinner was held on March 20th at the Gasthaus Bavarian Hunter in Stillwater. The keynote speaker was Dr. Ginny

Steinhagen. Her presentation was entitled "Berlin 20 Years After the Fall of the Wall". Dr. Steinhagen earned a PhD in German literature in 1996 and is now a senior lecturer at the Department of German, Scandinavian and Dutch at the University of Minnesota.

SESCA will be sponsoring another trip to Einhausen. We are looking at 2011 for this trip.

Many exciting things are happening with SESCO. Come join us as we move forward with exciting new events and challenges. Our meetings are held the first Monday of the month at 7:00 pm in the lower level conference room at Shoreview City Hall. Willkommen!

For more information about SESCO, please visit our website at www.sesca.org. For more information about Einhausen, please visit their website at www.einhausen.info.

CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community—for the community—programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides

training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at www.CTVNorthSuburbs.org. For more information, call 651-792-7515.

Shoreview Northern Lights Variety Band

The Shoreview Northern Lights Variety Band is a community band. Its mission is to provide an opportunity for musicians over the age of 16 to gather for the purpose of having fun making music together, developing musical talents, promoting musical and social exchange, and performing at community events. The band will perform during Shoreview's Summer Concert Series.



Gallery 96

Spring 2010 Exhibition

Gallery 96 will be holding its Spring exhibition at the Shoreview branch of the Ramsey County Library during the month of May. The theme for the show will be "It's About Light." The exhibition opens Friday, May 7th from 6 - 8 pm and runs through Friday, June 4th.

Visit www.gallery96.org for more information.

Winter 2010 Exhibition

Gallery 96 held an exhibition in the glass cases on the main floor of the Shoreview Community Center during the months of January through March.

The theme of the show was "7 x 7." All works were required to be 7 inches by 7 inches or less, excluding the frame. Each Gallery 96 member was allowed to enter one piece.

The judging of the show was announced on January 12th and the following artists were awarded cash prizes in the amounts of \$77, \$63, \$49, \$35, \$21, \$14 and \$7. The winners were 1. Jeannie Ferdinande, 2. Gretchen P. Robinson, 3. Tracy McMan, 4. Dominique Anderson, 5. Arlene Sweet, 6. Sue Hanson-Lieser, 7. Judith Reise.

Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7 to 9 P.M. These are lively discussions of art and friendly critiques of the work of members and others. All are welcome. Upcoming dates are May 11, June 8, July 13 and August 10, 2010.

Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

More Information

Other inquiries may be directed to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127 or by calling 651.484.8710.



Shoreview Green Community Awards

Here's what the winners say about Shoreview Green Comm. Awards

Applying for an award helped me think through my entire project—the steep slope and the rain garden—so I could complete the work in a maintainable way. It was good to hear that what I was doing was in keeping with the judges' thinking. I enjoyed sharing what I'd done with others, too. There wasn't anyone who was not enthusiastic.

— Robert Hoerr, Shoreview, 2009

By having my yard on the tour I met a lot of really nice, interesting people. And participating gave me a lot of incentive to work on my yard even more. It's fun to let others see what you can do.

— Kathy Day, Shoreview, 2008

The second year we were on the tour, some of the same people came back. We found out they had used ideas from us, just as we had taken ideas from them. This was very

rewarding. It's good to know so many people care about the environment.

— Kris Wenner, Shoreview 2008

Will this be the year you apply for a Shoreview Green Community Award? It can be—if you've established a shoreline buffer, rain garden or native habitat on your property, or use other best practices that help keep polluted runoff out of our lakes, streams and wetlands.

But act soon. **The application deadline is June 1.** Properties must be in Shoreview or the Grass Lake Watershed in Roseville. This year, businesses and non-profits (including churches) can apply, too.

Winners of a Shoreview Green Community Award are eligible to have their property on our self-guided, educational awards tour, July 31 and Aug. 1. All winners who elect to be on

the tour will open their yards to the public one day only.

Winners receive recognition by the City of Shoreview, a framed photo of their property and an attractive sign for their shoreline or yard. They also gain the satisfaction of participating in a program that educates the public about improving water quality.

Applications with complete information are available at the Shoreview Community Center, the Roseville City Hall, and online at <http://www.shoreviewmn.gov/news-and-events/news/green-community-awards>.

This program is sponsored by Shoreview's Environmental Quality Committee, with volunteer assistance from the Shoreview Green Community. Questions? Call 651-483-3935.

Shoreview Historical Society: The Guerin Family

Shoreview resident Dave Guerin is a descendent of a famous St. Paul first family.

His great great great grandfather, Vital Guerin who was born in Quebec on 1812, has many claims to fame. When he married Adele Perry in 1841, the first recorded wedding in St. Paul, it was the first time the name St. Paul was used in print. Although he originally lived along the Mississippi River, Vital moved to a cabin at Seventh and Wabasha living simply although he was called St. Paul's first millionaire. He gave part of his land for the Court House and County Jail and gave the Catholic Church the land for a chapel and for the Cathedral.

His son Vital Guerin junior moved with his wife Mary and their two youngest children to Little Canada around 1890 and opened a blacksmith shop. His home was the remodeled frame District #6 schoolhouse on Little Canada Road.

David C. Guerin, son of Vital Jr, opened a small Texaco gas station on the corner of N. Owasso Blvd and Rice St. in present day Shoreview. The first structure was a

12' X 6' metal structure. His son Roy D. Guerin and his wife Ann built a larger structure and ran the station for 40 years living in a home adjacent to the station.

As a youngster working in his dad's station, Roy would tell of pumping gas for some of the gangsters that hung out in the St. Paul area and had cabins around the area's lakes. He delivered gas in barrels and sometimes collected \$10 & \$20 tips. His wife Ann would work in the station when Roy drove the local school bus.

Young David, Roy's son also worked in the station and has fond memories of south Shoreview. Swimming, boating and water skiing on Lake Owasso were favorite pastimes and he recalls the local landmarks: Hawaiian Beach Club, Breezy Point Club and the Patnode rental cabins. A credit union is now located in the Guerin home and station site. The Vadnais Inn, located across from the former station, used to be a small grocery store located next to the Guerin home and filling station.

Other Shoreview landmarks, remembered by Dave but now gone, are Snail Lake Tavern, Zeck's Store, Sacco's Supermarket, Paramount Inn, People's Ice & Coal Company and the Preventorium.

Volunteers Needed: Adopt-A-Trail and Planting Annuals

Looking for a great outdoor activity that helps your community? Shoreview has a trail adoption program and planting project. The Adopt-A-Trail keeps our trail system clean of litter. Planting occurs mid-May and volunteers are needed to help evenings or weekends. For more information contact Gene Kruckenberg, Environmental Officer, at 651.490.4665 or gkruckenberg@shoreviewmn.gov



Human Rights Commission Poster Contest

The Shoreview Human Rights Commission named 20 winners of their 17th annual 4th Grade Poster Contest. The theme for the contest was "One Community of Many Colors." After receiving more than 400 posters from Emmet D. Williams (EDW), Island Lake (IL) Elementary, Turtle Lake (TL) Elementary, Pinewood Elementary and St. Odilia School.

The following students were chose:

- 10th: Emily Elmquist, Turtle Lake, Mrs. Leiser
 9th: Toni Baraga, Island Lake, Mrs. Rode
 8th: Vincent Lee, Island Lake, Mrs. Dahl
 7th: Ashley Chavez, Emmet D. Williams, Mrs. Sandberg
 6th: Annika Brodt, Turtle Lake, Mrs. Leiser
 5th: Jacob Gray, Turtle Lake, Mrs. Pallansch and Mrs. Haugen
 4th: Sahar Ferdowsi, Emmet D. Williams, Mrs. Sandberg
 3rd: Nandina Auual, Island Lake, Mrs. Rode
 2nd: Kallie Slotvig, Island Lake, Mrs. Rode
 1st: Justin Duffy, Turtle Lake, Mrs. Pallansch and Mrs. Haugen

Honorable Mention

- Trenton Johnson, TL, Mrs. Milow
 Laureen Lee, TL, Mrs. Hanson
 Nick Ballinger, TL, Mrs. Milow
 Christina Mehrkens, TL, Mrs. Hanson
 Chris Vazquez, TL, Mrs. Leiser
 Emily Imm, TL, Mrs. Milow
 Heather Harmon, EDW, Mrs. Schmidt
 Emma Rogers, EDW, Mrs. Schmidt
 Michelle Wickstrom, IL, Mrs. Rode
 Vishaal Balamurugan, IL, Mrs. Anderson

The Shoreview Human Rights Commission advises and aids the City of Shoreview by establishing and promoting a community standard of equal opportunity and freedom from discrimination. We envision a community where all people are welcomed, valued and respected; where each person feels at home.



2nd



3rd



5th



7th



9th



1st



4th



6th



8th



10th

We've moved! Shoreview Cleanup Day

New Address: Highway 96 and Hamline Avenue

Ramsey County Maintenance Center

Saturday, May 1 8 A.M. – 5 P.M.

Charitable Donations

Donating your gently used items to a charitable organization is a great way to start your Spring cleaning early.

Accepted Items

Clothing/ Shoes/ Boots
Houseware/ Kitchenware
Books/ Records
Sporting Goods
Tools
Toys/ Games
Dishes/ Pots/ Pans
Linens
Small Appliances that work
Larger Furniture (driver's discretion)

Not Accepted Items

Mattresses
Box Springs
Carpeting
Large Appliances
Exercise Equipment
Microwave Ovens
Electronics

Household Hazardous Waste Cleanup Day Offering

In addition to Cleanup day, residents can use the year-round site at Bay West, 5 Empire Drive, St. Paul. For more information call 651.266.1144 for a recorded message and directions to the facility.

Household Hazardous Waste Accepted Materials

Home Improvement

Paint
Thinners
Solvents
Adhesives
Driveway sealant
Wood preservatives
Stains
Lead paint chips
Aerosol cans

Automotive Products

Used oil and filters
Brake fluid
Gasoline
Antifreeze
Auto batteries

Lawn & Garden Chemicals

Weed killer
Insecticides
Pesticides

Items with Mercury

Thermometers
Fluorescent lights
Switches
Thermostats
Vapor lamps

Cleaning Products

Drain opener
Oven Cleaner
Bathroom cleaner
Rust remover

Recreational Products

Rechargeable batteries
Button batteries
Propane tanks
Pool chemicals
Gas cylinders

Household Hazardous Waste Not accepted on Cleanup Day

Leaves, grass clippings, trees and other types of yard waste are banned from the trash. Contact your trash hauler about the pick-up service for yard waste, or bring it to a Ramsey County Yard Waste site for free.

For more information call 651.633.3279 or visit www.co.ramsey.mn.us/ph

For more information on the Cleanup Day, contact Gene Kruckenberg at 651.490.4665 or gkruckenberg@shoreviewmn.gov

April-November *Weather permitting*

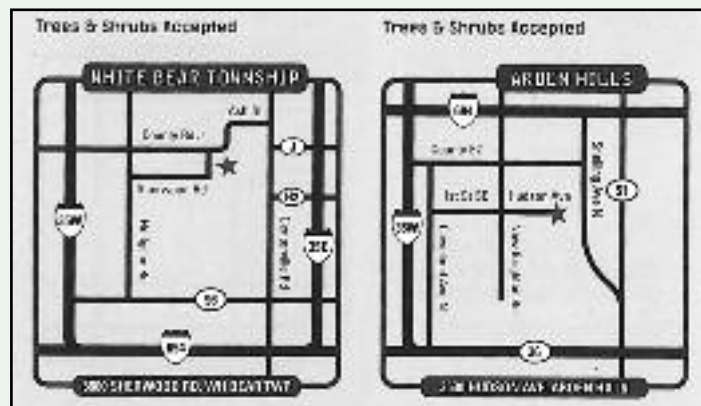
Monday 11:00 A.M. – 7:00 P.M.
Wednesday 11:00 A.M. – 7:00 P.M.
Friday 11:00 A.M. – 7:00 P.M.
Saturday 9:00 A.M. – 5:00 P.M.
Sunday 11:00 A.M. – 5:00 P.M.

Closed Memorial Day, July 4, and Labor Day

December-March

Open the second full weekend of each month—weather permitting. Frank & Sims, Midway and White Bear Township sites ONLY.

Saturday 9:00 A.M. – 5:00 P.M.
Sunday 11:00 A.M. – 5:00 P.M.



Household Hazardous Waste Materials can also be dropped off at the seasonal Arden Hills facility on Ben Franklin Road. For more information, call 651.633.3279 or visit

www.co.ramsey.mn.us/ph

Hours: Fridays (10 A.M. – 6 P.M.)

Saturdays (9 A.M. – 4 P.M.)

Shoreview Regulations for Recreational Fires

Sharing conversation and stargazing around an evening fire are fun activities for the warm seasons. However, burning some materials or burning when winds are high can annoy neighbors as well as be unsafe. Shoreview's municipal code details the rules for open burning within city limits. Fire regulations are intended to maintain public health and safety as well as to prevent wildfires.

Permitted **recreational fires** are started with approved fuel, no more than three feet high, and contained within a recreational fire site, with a limit of one recreational fire per property at any given time. These fires should use dry and untreated wood, produce little smoke beyond the property line, be attended by an adult at all times, and be completely extinguished when the event ends.

A **recreational fire** site is surrounded by non-combustible material such as rocks or bricks, and no more than three feet in diameter. These sites must be

located at least 25 feet from any building. Recreational fires do not require a permit; all other open fires do require a permit.

Permitted starter fuels for recreational fires include dry, untreated kindling; charcoal fire starter; paraffin candles; and propane gas torches. Permitted firewood includes dry, clean logs; untreated dimensional lumber; and manufactured fireplace logs.

The following is a partial list of materials which are **prohibited** from open burning in Shoreview (602.040):

- Oils and petroleum fuels;
- Rubber and plastic;
- Chemically-treated materials;
- Any material that produces excessive or noxious smoke;
- Hazardous waste;
- Building materials;
- Food and related materials resulting from food preparation or handling;
- Leaves and grass clippings.



Recreational and other fires are prohibited when burning bans are in place, as well as when the MPCA has issued an air quality alert.

For a complete list of the regulations for open burning and recreational fires in the City of Shoreview, please reference the municipal code section 602 at the following link:

<http://www.shoreviewmn.gov/pdfs/city-code/chapter-600.pdf>

Sustainable Shoreview

Each year University of Minnesota students in the course Environmental Sciences, Policy, Management 4041: Problem Solving for Environmental Change work with a client to perform real work projects involving land use planning. This past fall, students worked with the City of Shoreview to address environmental land use planning issues. Students from the class gathered data relevant to the City's objectives, analyzed the data, and developed a recommended course of action for the City to take regarding the following environmental issues:

- Alternative Energy Strategic Planning
- Environmental Education/Communication
- Wetland Policies and Ordinances
- Policy Planning across Municipal Boundaries for Environmental Services
- Sustainable Park Management
- Urban Vegetation and Canopy Assessment

Their findings and recommendations were presented to City Policy leaders in December, 2009. Written reports were also prepared. The Staff will continue to work further with the City's policy

leaders to determine the feasibility of implementing some of these recommendations. The student's work can be found on the City's website, www.shoreviewmn.gov.



Rondo Community Land Trust (CLT)

Rondo CLT is a non-profit, community-based organization operating in suburban Ramsey County that creates and preserves homeownership for low and moderate income households. Rondo provides access to home ownership for those who cannot afford homes that are for sale on the real estate market and prevents existing homeowners from entering into foreclosure by becoming part of the Rondo CLT land trust.

Rondo CLT's mission is achieved a number of different ways: through the acquisition and rehabilitation of properties in disrepair; the construction of new homes; by working directly with homebuyers by providing purchase price buy-down and rehabilitation grants for houses for sale within the community; and by partnering with other housing developers, to bring permanent affordability to their projects.

The "land trust" means that the homeowner owns the house, and the land trust owns the land, therefore land trust homes are more affordable than houses on the open real estate market. Homeowners complete a "ground lease" when they purchase the house and lease the land from Rondo CLT. Rondo CLT helps qualified households purchase and fix-up single-family homes with help of up to \$50,000 in grants. The homebuyer must also agree to a limited equity appreciation formula so that the house will remain affordable for future generations.

Rondo CLT's Foreclosure Prevention Program is for people who want to stay in their homes and are willing to give up some of the future appreciation in the value of the house in order to do so. Rondo CLT's Foreclosure Prevention Program may be able to help negotiate



with the lenders so that households that are at risk of losing their home can afford to make their payments. Rondo will work with the homeowners and their lender to reduce the balance on their mortgage so that is affordable to them today and for the long-term. In addition, Rondo CLT is able to provide limited grant funds to make the mortgage more affordable and to address deferred maintenance issues (i.e. roofs, plumbing, upgrading electrical systems and insulating walls and attics).

For further information, please contact Greg Finzell at 651-221-9884 or via email at greg@rondoctl.org. You may also visit their website, www.rondoctl.org.

Shoreview Today Program

The Shoreview Today program is a quarterly issue-oriented magazine show hosted by Mayor Sandy Martin. It is a joint production with the City of Shoreview and CTV 15, with assistance from the Shoreview Telecommunications and Technology Committee. If you have any ideas for upcoming shows e-mail communications@shoreviewmn.gov.

Council Meetings

Live

First and Third Mondays at 7 P.M.

Rebroadcast

M, W, F and Saturdays 12 A.M., 7 P.M.

Planning Commission Meetings

Live

Fourth Tuesday at 7 P.M.

Rebroadcast

T, Th and Sunday 12 A.M., 11 A.M., 7 P.M.

Need a Building Permit: Most Home Improvements Require Them

Permits are required for buildings or structures that are constructed, altered, moved, improved or repaired and are required as well for electrical, plumbing, heating and air conditioning work.

Some may think that obtaining a permit means extra costs, time delays and unwarranted regulations. However, a building permit ensures that proper services are provided to safeguard life, health, property and public welfare. Permits do so by regulating the design, construction, and quality of materials of all buildings and structures in the community. Residents may sometimes overlook the benefits of obtaining a permit and appropriate inspections. Benefits include peace of mind in knowing that the work has been done properly and in accordance with all codes.

If you are having work done to the following, visit www.shoreviewmn.gov/resources/building-permits to see if you need a building permit. Permits are required for work on the following areas:

- Basement
- Deck
- Driveway
- Egress window
- Roofing
- Siding
- Windows
- Fence
- Garage or Shed
- Porch
- Electrical Work
- HVAC Work
- Excavating and Grading
- Plumbing
- Fire (sprinkler systems or security systems)

Be A Good Neighbor

With the seasons changing comes more outdoor activities. Here are a couple reminders to help you be a good neighbor:

- Maintain your lawn: Keep it less than 9 inches in length
- Properly dispose of brush, leaves, grass or weed clippings: Keep them off of public property, open spaces, wetland areas or in drainage ways
- No Street Parking between 2 a.m. and 5 a.m. Special permits can be requested at 651.490.4657
- Boulevards, lawns or grass plots are not parking lots: Keep unlicensed or inoperable vehicles in a completely enclosed building



Garage Sales: Make them successful by meeting City regulations

- Events held between the weekend after Mother's Day and the weekend before Labor Day
- Residential properties can have 2 garage sales in a year
- Signs that do not obstruct visibility for pedestrians or vehicular traffic
- One promotional sign can be displayed on the property where the sale is being held from 7 a.m.-8 p.m. on the day(s) of the event
- Signs must comply with the City's sign regulations
 - ~ Size limits
 - ~ Location limits
 - ~ Height location limits
- No more than 2 directional signs permitted off-premises

Shoreview EDA Makes Great Strides in First Full Year

New Board Created to Assist with Housing and Economic Development Goals

Having completed its first full year of existence, the Shoreview Economic Development Authority (EDA) has successfully established the groundwork for actions and new initiatives that will assist the City in achieving goals of protecting housing values and maintaining quality neighborhoods through reinvestment and retaining key businesses to sustain and grow our local economic tax base.

The Shoreview City Council established the Economic Development Authority as a new tool designed to help the City in meeting major housing and economic development goals and objectives.

Currently, the EDA's work is focused on developing a framework for local housing initiatives to assist residents interested in reinvesting in their homes as well as responding proactively in addressing distressed properties that are negatively impacting property values and neighborhoods. As part of a strategic plan, the EDA has identified three key housing program areas to focus their efforts:

- **Home Improvement Loan Incentives** – provide loans accessible to a majority of residents of owner-occupied single-family properties for energy efficiency related improvements as a means to encourage reinvestment and upgrades to older housing stock to attract younger families and prepare homes for life-cycle transition.
- **Scattered Site/Blighted Properties Redevelopment** – develop guidelines to allocate funding for the City to aggressively remove or rehabilitate targeted blighted residential properties in the community to protect and enhance the safety, appearance and livability of our residential neighborhoods.
- **Foreclosed/Vacant Properties** – proactively address foreclosed and vacant properties that can be detrimental to the

vitality of our residential neighborhoods by working in cooperation with Ramsey County and the Greater Metropolitan Housing Corporation (GMHC) through special programs that purchase such distressed properties, undertake necessary repairs and upgrades and then resold to owner-occupants.

Through the direction of the EDA and authorization of the City Council, the City's first local home improvement loan program will be launched in the spring of this year. The new program will offer loans to income-eligible owners of single-family homes of certain values to assist with energy efficiency related improvements such as roofs, windows and doors, and heating and cooling systems, and water heaters. Residents may also leverage the proposed home energy improvement loan with bank loans and/or other available housing programs through agencies such as Ramsey County and Minnesota Housing Finance Agency. More information on the new Shoreview Home Energy Improvement Loan Program will be made available in the coming months.

Although Shoreview has not experienced the same level of foreclosures as many other cities, we have not been immune from the economic down turn. These foreclosures have resulted in vacant properties causing negative impacts to neighborhoods.

The EDA has developed an action plan for tracking and addressing these properties and has collaborated with Ramsey County through a special program where vacant properties that are not in sellable condition are acquired, fixed-up, and resold as improved housing that benefits the community. Other housing related objectives of the EDA include protecting property values and promoting reinvestment by encouraging home renovations and property improvements.

Limited growth opportunities, declining school enrollment, aging population, older housing stock (most of our homes were

built 30-50 years ago) are all factors that require the City to consider more proactive approaches in order to sustain the quality of our neighborhoods, offer diverse housing choices to meet changing demands, strengthen our business community and protect our tax base.

Retaining existing and attracting new businesses to Shoreview is another key objective of the EDA. A strong business community provides employment and a diversified tax base. The City of Shoreview has implemented a Business Expansion and Retention program to strengthen our relationship with the local business community.

The EDA has worked in collaboration with the Economic Development Commission and City Council in undertaking personal visits with key landmark and emerging local companies to better understand future space and expansion needs and identify ways the City can help these businesses continue to succeed and grow.

A recent example of this effort was the successful retention of PaR Systems, Inc., a longstanding Shoreview-based high tech robotics company that chose to remain in our community after exploring a move outside of the city.

Maintaining a strong, healthy business climate and quality housing stock are both critical objectives to the long-term well being of Shoreview. The City Council has adopted strategic planning goals and objectives that recognize Shoreview has reached a stage in our maturity as a community that requires more proactive approaches towards the challenges of maintaining quality neighborhoods, preserving our housing stock conditions, retaining key businesses and reinvesting in older industrial properties to strengthen our economic tax base so that we can continue providing quality services that meet the needs of our changing demographics. This will continue to be the focus of the work of the EDA in the coming years.

The Shoreview Economic Development Authority

Mission Statement:

The mission of the Shoreview Economic Development Authority is to facilitate economic growth by supporting existing businesses, foster reinvestment in residential neighborhoods and commercial areas, and promote the creation of new business, employment and housing opportunities in order to sustain and enhance the economic vitality and quality of life in the community.

Meeting Schedule:

The Shoreview EDA regularly meets at 5 p.m. on the 2nd Monday of each month before City Council Workshop meetings in the Council Chambers at Shoreview City Hall. The public is welcome to attend.

Board Membership:

The Shoreview EDA is a five-member board appointed by the City Council and consisting of 3 members of the City Council and 2 members from the Economic Development Commission. The City Council as a whole retains final decision-making authority on all financial and budgetary matters of the EDA. Appointed members include:

Blake Huffman, President

(Councilmember)

Marlin Rudebusch, Vice President

(EDC member)

William Fessler, Treasurer

(EDC member)

Terry Quigley (Councilmember)

Ben Withhart (Councilmember)

Contact/Information:

For more information on the Shoreview EDA including housing and economic development resources and programs, please visit www.shoreviewmn.gov or contact Tom Simonson, Assistant City Manager and Community Development Director at 651.490.4612 or tsimonson@shoreviewmn.gov

**COMING THIS
SPRING!**

SHOREVIEW

Home Energy Improvement Loan

The City will be introducing a new energy improvement loan program to qualifying residents looking to reinvest in their homes

- ❑ Loans will be offered for **energy efficient home improvements** such as roofs, windows and doors, and heating and cooling systems, and water heaters
- ❑ Loans will be available to **income-eligible** owners of **single-family detached homes** of certain values
- ❑ **Maximum loan** amount: **\$20,000** (Minimum: \$2,000)
- ❑ **Accepting applications** in May, 2010

More information coming soon at www.shoreviewmn.gov

COMMUNITY CENTER

GENERAL INFORMATION AND HOURS

18



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

Kids Care Hours*

Monday–Friday

8:30 A.M. – 12:30 P.M.

4:00 P.M. – 8:00 P.M.

Saturday

8:30 A.M. – 12:30 P.M.

CLOSED: May 28 (4-8), 29 & 31, July 3,

Sept. 4 & 6. See p.41 for details

*additional fee required

Community Center Information

- 14 laps equals 1 mile on the indoor track.
- One-rim basketball is played during open gym hours. No full court play during busy hours
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.
- Track & Fitness Center is open to ages 14-older.

Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

Daily Pass

	Rate*	Shoreview Resident*
Adult (18 and over)	\$ 8.25	\$ 6.75
Youth (1 to 17; under 1 free with paying adult)	\$ 7.25	\$ 5.75
Family* (Immediate family living in same household)	\$29.00	\$23.00
Seniors (65 and older)	\$ 7.25	\$ 5.75

*Family pass is limited to six individuals. Each additional person is \$4.00.

Indoor Playground Only (ages 1 to 12) \$ 4.50 \$ 4.50

Coupon Books (Includes 10 daily passes)

Adult	\$74.25	\$60.75
Youth/Senior	\$65.25	\$51.75
Playground	\$40.00	\$40.00

Senior Track Discount (65 and over)

Per visit	\$ 3.50	\$ 2.50
Punch card	\$28.00	\$20.00

*Sales Tax not included. Fees are subject to change.

We welcome payment by Visa and MasterCard.



Hours

	Community Center	Water Park June 12-Sept. 6	Playground
Mon–Thurs	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

May 31 (Memorial Day)	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.
July 4	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.
Sept 6 (Labor Day)	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Lap Swim Hours**

Monday–Thursday	5:00 A.M. – 8:25 A.M. & 8:30 P.M. – 10:00 P.M.
Monday, Wednesday	4:00 P.M. – 6:00 P.M.
Friday	5:00 A.M. – Noon
Saturday	6:00 A.M. – Noon
Sunday	6:00 A.M. – Noon

**Lanes are limited. Ask at the service desk for a complete schedule.

No lap swim May 31 & Sept 6 from 4-6.

Drop-in Volleyball

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon

Rate: daily admission or free to members.

55+ Basketball

Weds	11:00 A.M. – Noon
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COMMUNITY CENTER

MEMBERSHIP FEES AND BENEFITS

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership		
Family	\$ 630.00	\$ 488.00
Dual	\$ 562.00	\$ 443.00
Adult	\$ 374.00	\$ 286.00
Youth/Senior	\$ 295.00	\$ 232.00
Seasonal Membership (Three month)		
Family	\$ 250.00	\$ 205.00
Dual	\$ 230.00	\$ 180.00
Adult	\$ 165.00	\$ 125.00
Youth/Senior	\$ 125.00	\$ 100.00
Annual Membership Billed Monthly (With one year membership agreement)		
Family	\$ 56.50	\$ 45.50
Dual	\$ 49.25	\$ 41.00
Adult	\$ 34.00	\$ 27.75
Youth/Senior	\$ 28.75	\$ 22.50

*Rates do not include sales tax. There is a membership cancellation fee of \$100.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change.

We welcome payment by Visa and Mastercard.



Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739.

BLUE CROSS BLUE SHIELD OF MINNESOTA
BLUE CROSS BLUE SHIELD OF NORTH DAKOTA
UNITED HEALTH CARE · HEALTH PARTNERS · MEDICA · UCARE



MEDICA



Annual Membership Includes Unlimited Use Of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoreViews mailed to your home.

NEW! Membership Renewal Reward!

The Community Center will be offering FREE guest passes to all annual membership renewals.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 family guest passes
- 2 fitness drop-in class passes
- 2 Wave Cafe coupons
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions

Experience Us book is designed to encourage new members to experience all the amenities the Community Center has to offer.



The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!

TROPICS INDOOR WATERPARK

20



Enjoy the Metro Area's Best Indoor Waterpark!

Experience the excitement of Tropics Indoor Waterpark. You, your family, and friends will create treasured memories as you speed down the "Shark Attack" waterslide that's out of this world!

We provide a safe place to play for preschoolers and tots, providing them with ample room to scamper through the zero-depth "beach" area, ship-wreck slide, shallow water play area, and interactive play structure. Youth and adults can enjoy the thrill of the metro's most exciting indoor waterslide. Play water volleyball or slam-dunk the basketball in the palm tree hoop. Challenge yourself to the tropical water walk or climb aboard one of our giant floating sea creatures. We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arms' reach of that child at all times.

Shoreview Summer Waterpark Hours

June 12 – Sept. 6

The Waterpark includes "Shark Attack" waterslide, beach boat slide, floating sea creatures, water walk, water volleyball and basketball.

Monday–Thursday	Noon – 9:00 P.M.**
Friday	Noon – 10:00 P.M.
Saturday	Noon – 8:00 P.M.
Sunday	Noon – 6:00 P.M.

***Floating sea creatures will not be available during water aerobics, Shark Attack, and beach will remain open.*

Children age 6 years and under must have a paid adult in the water with them.

Waterpark Holiday Hours

Call 651-490-4700 for specific information.

Memorial Day (May 31)	Noon – 6:00 P.M.
Fourth of July	Noon – 6:00 P.M.
Labor Day (September 6)	Noon – 6:00 P.M.

Wading Pool Hours

Open on weekends only starting May 29 and full time starting June 12.

Sunday–Thursday	Noon – 6:00 P.M.
Friday–Saturday	Noon – 8:00 P.M.

The wading pool will not open if the temperature is below 70 degrees or if the weather is threatening or unpleasant type (windy and cold, for example).

Adult Swim

Monday–Friday 11:00 A.M. – Noon

Adult swim is time set aside for recreational swimming for adults 18 and older. Two lanes and the fitness curve will be available during this time.

Pool Information

- Certified lifeguards are on duty in the pool at all times.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arms' reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Complete pool schedules and lap swim policy are available at the service desk.
- 33 laps equals 1 swimming mile in the lap lanes.



TROPICAL ADVENTURE INDOOR PLAYGROUND

Come CRAWL through the caves, SWING through the jungle, slip down the waterfall SLIDE, and SCREAM down the five level spiral slide!



Monday - Saturday.....8:00 A.M. - 8:00 P.M.

Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12

FREE to members

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about **reserving space for your group**, call 651-490-4790.



FOR INFORMATION CALL 651-490-4750

SPEND YOUR BIRTHDAY IN THE TROPICS

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Make Your Child's Birthday Party Special!

Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the *tropical themed poolside birthday party rooms!* Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

**Call 651-490-4790
to reserve your party
package today!**



TROPICAL PACKAGE

Cake Deal

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$15 per person
\$14 Shoreview Resident

Meal Deal

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$18 per person
\$17 Shoreview Resident

ADVENTURE PACKAGE

Cake Deal

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$13 per person
\$12 Shoreview Resident

Meal Deal

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$16 per person
\$15 Shoreview Resident

Beachcomber Bay *(shared party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

Coconut Cove *(private pool-side party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

Meeting / Party Rooms*

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$40 Regular rental fee
\$25 Shoreview Resident rental fee

*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. Prices are per person.

Overnight Rentals

Rate: \$18; \$16 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours	\$ 9.00	\$ 8.50
Three hours	\$ 9.50	\$ 9.00
Four hours	\$10.00	\$ 9.50

*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

MARK YOUR CALENDAR!



Shoreview Farmers' Market

Tuesdays beginning July 6 from 3:00 – 7:00 PM
Stop by the Shoreview Farmers' Market on Tuesday afternoons in the Community Center's lower level parking lot. The Farmers' Market features locally grown fresh produce, hand-crafted artisan items, and live entertainment and special events on selected dates. See the inside back cover for more information.

Concert in the Commons

Wednesdays, June 16-August 18 7:00 PM
The Concert in the Commons summer music series is back! Set-up your lawn chair, spread out a blanket, bring dinner or a dessert, and enjoy live entertainment. Concessions are available at the Wave Café in the Shoreview Community Center. See the inside front cover or visit www.shoreviewmn.gov for a list of entertainers.

NEW! Friday Night Flix

Fridays, August 6, 13, 20, 27 at dusk
The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August. Enjoy watching a popular movie by moonlight with your friends, family, and neighbors. This event is FREE and concessions will be available at the Wave Café in the Shoreview Community Center. See the back cover or visit www.shoreviewmn.gov for more information.

BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.

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Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 595	\$ 520
Friday	\$ 950	\$ 850
Saturday	\$1,125	\$1,025

Fees are subject to change. Tax not included. Call for more information.



Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395	\$ 320
Friday	\$ 695	\$ 595
Saturday	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210	\$ 180
Friday and Saturday	N/A	N/A

Fees are subject to change. Tax not included. Call for more information.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600

COMMUNITY & MEETING ROOM FACILITIES

Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

**Sales tax not included. Refundable damage deposit required.*

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. Seats 15

Shamrock Park Seats 35

McCullough Park. . . . Seats 15

Commons Park Seats 20

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.

- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

**Sales tax not included.*

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.

- Rates are listed per room for each time block rented.

- Refundable damage deposit: \$25 per room.

Rate: \$40; \$25 Shoreview Resident (50% of group living in Shoreview)

**Sales tax not included.*



Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



Call for More Information

Community Center Information

651-490-4700

Recreational Programs (classes)

651-490-4750

Rental Information

651-490-4790

City Information

651-490-4600





Aquatics Page 28



Group Fitness Page 33



Adventure Quest Page 44



Summer Camps Page 47



Friday Night Flix Back Cover

SUMMER RECREATION

SUMMER REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, April 20

On-line registration for residents begins at 8:00 A.M.

Tuesday, April 27

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

Annual Community Center Member Registration

Tuesday, April 27

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, April 29

On-line registration begins at 8:00 A.M.

Tuesday, May 4

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



PROGRAMS

ONLINE REGISTRATION INFORMATION

Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!

What you need to know:

- Each family needs a household ID and password
- New users need to request a household ID and password at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

New Users

- Registering on-line requires a household ID and password
- To obtain a household ID and password, complete a Participant Information Form by:
 - ~ Download it from the web: <http://www.shoreviewmn.gov>
 - ~ Stop by during office hours to complete a form in person
 - ~ Call 651-490-4750 to have a form faxed or mailed to you

Current Users

- You have a household ID and password assigned to your family
- To add a family member to your account, call 651-490-4750 or email recreation@shoreviewmn.gov
- If you have forgotten your household ID and password, please contact us at 651-490-4750

Questions?

Call 651-490-4750 or email recreation@shoreviewmn.gov

Register NOW for:
Youth Summer Sports
Kids Corner Preschool
Dazzling Divas
Adventure Quest Leaders in Training
Personal Training
Youth Team Tennis
Adult Tennis League
Co-Rec Kickball League



Youth Sports Page 53



Tennis Lessons Page 55



Golf Page 58



Softball Page 53



Concert in the Commons
Inside Front Cover

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Classes are designed to be progressive. At each level students will be introduced to a new skill and previously learned skills will be reviewed. Our instructors are chosen for their desire to teach, enthusiasm and ability. Instructors participate in a training program and shadow an experienced instructor for one session. The Community Center pool water temperature is kept between 83 and 84 degrees.

LESSONS

A variety of lessons are available to meet your student's individual needs. The Community Center pool does not restrict open, recreational use during lessons, except morning lessons during the summer. If you are concerned about other swimmers affecting your child's lessons, sign up for the morning lessons at the Community Center.

Group Lessons

Rates for all group lessons \$67; \$57 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 6
L4 – L7	1 to 8

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right. If you are not sure what level to register your child for or have not been in classes in a while, please contact the Aquatic Coordinator at 651-490-4766 to have one of our aquatic staff evaluate your child.

Private Lessons (PR)

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 30 and 31.

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$133; \$123 Shoreview Resident

\$103; \$93 Shoreview Resident each for two participants of equivalent ability



AQUATICS LEVEL DESCRIPTIONS

Star Fish 1 *Ages 9 Months to 18 Months*

Star Fish 2 *Ages 18 Months to 36 Months*
(formerly First Splash)

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

Level 1 (L1) – Angel Fish

Ages 4 or passed preschool level

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

Youth Beginner (YB) *Ages 6 and over*

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in class with other school-aged children and learn at a faster pace. Students can continue to take youth beginner until they reach a level that includes their peers.

AQUATICS LEVEL DESCRIPTIONS

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Stroke techniques
- Basic workouts

Adult Instruction (AI) Ages 18 and over

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

NEW!

Stroke Technique (ST) Adults

This adult level focuses on fine-tuning stroke technique and form with the goal of improving stamina and speed. This class is perfect for the fitness swimmer or triathlon competitor.

Monday – Thursday, June 28 – July 8 . . . 11:00 A.M. – 11:35 A.M.

..... **Activity # 330108-01**

Mondays, June 14 – August 2 7:45 P.M. – 8:20 P.M.

..... **Activity # 330108-02**

Saturdays, June 19 – Aug. 14 (no class 7/3) 9:55 A.M. – 10:30 A.M.

..... **Activity # 330108-03**

Sundays, June 20 – Aug. 15 (no class 7/4) . . 9:55 A.M. – 10:30 A.M.

..... **Activity # 330108-04**

Tues & Thurs, June 15 – July 8 7:00 P.M. – 7:35 P.M.

..... **Activity # 330108-05**

Tues & Thurs, July 13 – August 5 7:00 P.M. – 7:35 P.M.

..... **Activity # 330108-06**

SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

6 lessons, 2 hours each, Times and Dates upon request

\$100; \$86 Shoreview Resident **Activity # 330319-01**

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in 6 training sessions. To be considered for employment you must be age 16 and successfully completed the SIA course. If employed you will be required to complete a CPR and First Aid Training Course First Aid Training Course. Call the Aquatic Coordinator to set up meeting dates and times at 651-490-4766.

AQUATICS

Summer Morning Session M - Th Community Center Pool

SESSION 1 June 14 – June 24

Time	Level	Activity#
8:00 AM	PS	330111-01
	1	330101-01
	2	330102-01
	2.5	330112-01
	3	330103-01
	5	330105-01
	PR	330114-01
	PR	330114-02
8:45 AM	PS	330111-02
	1	330101-02
	2	330102-02
	2.5	330112-02
	3	330103-02
	4	330104-01
	7	330107-01
	PR	330114-03
	PR	330114-04
9:30 AM	PS	330111-03
	1	330101-03
	2.5	330112-03
	3	330103-03
	4	330104-02
	YB	330113-01
	PR	330114-05
	PR	330114-06
9:35 AM	SFI	330110-01
10:15 AM	PS	330111-04
	1	330101-04
	2	330102-03
	2.5	330112-04
	3	330103-04
	5	330105-02
	JL	350301-01
	PR	330114-07
11:00 AM	PS	330111-05
	1	330101-05
	2	330102-04
	2.5	330112-05
	4	330104-03
	6	330106-01
	PR	330114-08

SESSION 2 June 28 – July 8

Time	Level	Activity#
8:00 AM	PS	330111-06
	1	330101-06
	2	330102-05
	2.5	330112-06
	3	330103-05
	4	330104-04
	YB	330113-02
	PR	330114-09
8:45 AM	PS	330111-07
	2	330102-06
	2.5	330112-07
	3	330103-06
	4	330104-05
	5	330105-03
	PR	330114-10
	PR	330114-11
8:50 AM	SF2	330110-02
9:30 AM	PS	330111-08
	1	330101-07
	2	330102-07
	2.5	330112-08
	4	330104-06
	6	330106-02
	PR	330114-12
	PR	330114-13
9:35 AM	SFI	330110-03
10:15 AM	PS	330111-09
	1	330101-08
	2	330102-08
	2.5	330112-09
	3	330103-07
	4	330104-07
	PR	330114-14
	PR	330114-15
11:00 AM	PS	330111-10
	1	330101-09
	2.5	330112-10
	7	330107-02
	ST	330108-01

SESSION 3 July 12 – July 22

Time	Level	Activity#
8:00 AM	PS	330111-11
	1	330101-10
	2	330102-09
	2.5	330112-11
	3	330103-08
	5	330105-04
	JL	350301-02
	PR	330114-16
	PR	330114-17
8:45 AM	PS	330111-12
	1	330101-11
	2.5	330112-12
	3	330103-09
	4	330104-08
	6	330106-03
	PR	330114-18
	PR	330114-19
8:50 AM	SFI	330110-04
9:30 AM	PS	330111-13
	1	330101-12
	2	330102-10
	2.5	330112-13
	4	330104-09
	7	330107-03
	YB	330113-03
	PR	330114-20
	PR	330114-21
10:15 AM	PS	330111-14
	1	330101-13
	2	330102-11
	2.5	330112-14
	3	330103-10
	4	330104-10
	PR	330114-22
	PR	330114-23
11:00 AM	PS	330111-15
	2	330102-12
	2.5	330112-15
	YB	330113-04

SESSION 4 July 26 – August 5

Time	Level	Activity#
8:00 AM	PS	330111-16
	1	330101-14
	2	330102-13
	3	330103-11
	4	330104-11
	6	330106-04
	PR	330114-24
	PR	330114-25
8:45 AM	PS	330111-17
	1	330101-15
	2	330102-14
	2.5	330112-16
	3	330103-12
	4	330104-12
	5	330105-05
	PR	330114-26
	PR	330114-27
9:30 AM	PS	330111-18
	1	330101-16
	2.5	330112-17
	3	330103-13
	4	330104-13
	YB	330113-05
	PR	330114-28
	PR	330114-29
9:35 AM	SF2	330110-05
10:15 AM	PS	330111-19
	1	330101-17
	2	330102-15
	2.5	330112-18
	3	330103-14
	7	330107-04
	PR	330114-30
	PR	330114-31
11:00 AM	PS	330111-20
	1	330101-18
	2.5	330112-19
	5	330105-06

SESSION 5 August 9 – August 19

Time	Level	Activity#
8:00 AM	PS	330111-21
	1	330101-19
	2	330102-16
	2.5	330112-20
	3	330103-15
	4	330104-14
	PR	330114-32
	PR	330114-33
8:45 AM	PS	330111-22
	1	330101-20
	2	330102-17
	2.5	330112-21
	3	330103-16
	4	330104-15
	7	330107-05
	PR	330114-34
	PR	330114-35
9:30 AM	PS	330111-23
	1	330101-21
	2.5	330112-22
	3	330103-17
	4	330104-16
	6	330106-05
	PR	330114-36
	PR	330114-37
9:35 AM	SFI	330110-06
10:15 AM	PS	330111-24
	1	330101-22
	2	330102-18
	2.5	330112-23
	3	330103-18
	5	330105-07
	PR	330114-38
	PR	330114-39
11:00 AM	PS	330111-25
	2	330102-19
	2.5	330112-24
	YB	330113-06

Two Day Classes TUESDAY/THURSDAY Community Center Pool

June 15 – July 8

Time	Level	Activity#
4:00 PM	PS	330111-47
	1	330101-45
	2	330102-44
	2.5	330112-36
	3	330103-30
4:45 PM	PS	330111-48
	1	330101-46
	2	330102-45
	3	330103-31
	4	330104-27
5:30 PM	PS	330111-49
	1	330101-47
	5	330105-13
	6	330106-09
5:35 PM	SFI	330110-15

Time	Level	Activity#
6:15 PM	PS	330111-50
	1	330101-48
	2	330102-46
	AI	330115-05
	PR	330114-80
	PR	330114-81
	PR	330114-82
7:00 PM	PS	330111-51
	1	330101-49
	2	330102-47
	2.5	330112-37
	ST	330108-05
	PR	330114-83
	PR	330114-84
7:45 PM	YB	330113-11
	PR	330114-85
	PR	330114-86

July 13 – August 5

Time	Level	Activity#
4:00 PM	PS	330111-52
	1	330101-50
	2	330102-48
	6	330106-10
	YB	330113-12
4:45 PM	PS	330111-53
	1	330101-51
	2	330102-49
	2.5	330112-38
	PR	330114-87
	PR	330114-88
5:30 PM	PS	330111-54
	1	330101-52
	3	330103-32
	5	330105-14

Time	Level	Activity#
5:35 PM	SFI	330110-16
6:15 PM	PS	330111-55
	1	330101-53
	2	330102-50
	2.5	330112-39
	3	330103-33
	4	330104-28
7:00 PM	PS	330111-56
	1	330101-54
	2	330102-51
	3	330103-34
	ST	330108-06
	PR	330114-89
	PR	330114-90

August 10 – Sept. 2

Time	Level	Activity#
4:00 PM	PR	330114-91
	PR	330114-92
4:45 PM	PS	330111-57
	1	330101-55
	2	330102-52
	3	330103-35
	PR	330114-93
5:30 PM	PS	330111-58
	1	330101-56
	2	330102-53
	2.5	330112-40
	4	330104-29
6:15 PM	PS	330111-59
	1	330101-57
	3	330103-36
	4	330104-30
	5	330105-15
6:20 PM	SF 2	330110-17

Weekly Classes (1 day per week for 8 weeks)

Community Center Pool

SESSION 6 August 23 – Sept 2

Time	Level	Activity#
8:00 AM	PS	330111-26
	I	330101-23
	2	330102-20
	2.5	330112-25
	4	330104-17
	7	330107-06
	PR	330114-40
	PR	330114-41
8:45 AM	PS	330111-27
	2	330102-21
	2.5	330112-26
	3	330103-19
	4	330104-18
	YB	330113-07
	PR	330114-42
	PR	330114-43
8:50 AM	SF2	330110-07
9:30 AM	PS	330111-28
	I	330101-24
	2	330102-22
	2.5	330112-27
	3	330103-20
	4	330104-19
	5	330105-08
	PR	330114-44
	PR	330114-45
10:15 AM	PS	330111-29
	I	330101-25
	2	330102-23
	2.5	330112-28
	3	330103-21
	4	330104-20
	6	330106-06
	PR	330114-46
11:00 AM	PR	330114-47
	PR	330114-48
	PR	330114-49
	PR	330114-50
	AL	330115-01

MONDAY June 14 – August 2

Time	Level	Activity#
4:00 PM	PS	330111-30
	I	330101-26
	2	330102-24
	2.5	330112-29
	3	330103-22
4:45 PM	PS	330111-31
	I	330101-27
	2	330102-25
	3	330103-23
	4	330104-21
5:30 PM	PS	330111-32
	I	330101-28
	2	330102-26
	5	330105-09
	YB	330113-08
6:15 PM	PS	330111-33
	2	330102-27
	6	330106-06
	AI	330115-02
	PR	330114-51
	PR	330114-52
6:20 PM	SF I	330110-08
7:00 PM	PS	330111-34
	I	330101-29
	2.5	330112-30
	4	330104-22
	PR	330114-53
	PR	330114-54
7:05 PM	SF2	330110-09
7:45 PM	PS	330111-35
	I	330101-30
	2	330102-28
	7	330107-07
	ST	330108-02
	PR	330114-55
	PR	330114-56

WEDNESDAY June 16 – August 4

Time	Level	Activity#
4:00 PM	PS	330111-36
	I	330101-31
	2	330102-29
	2.5	330112-31
	YB	330113-09
4:45 PM	PS	330111-37
	I	330101-32
	2	330102-30
	4	330104-23
	PR	330114-57
	PR	330114-58
5:30 PM	I	330101-33
	2	330102-31
	2.5	330112-32
	3	330103-24
5:35 PM	SF 2	330110-10
6:15 PM	PS	330111-38
	I	330101-34
	2	330102-32
	3	330103-25
	7	330107-08
	PR	330114-59
	PR	330114-60
7:00 PM	PS	330111-39
	2	330102-33
	6	330106-07
	AI	330115-03
	PR	330114-61
	PR	330114-62
7:05 PM	SF I	330110-11
7:45 PM	PS	330111-40
	I	330101-35
	2	330102-34
	3	330103-26
	4	330104-24
	5	330105-10

SATURDAY June 19 – August 14 No classes July 3

Time	Level	Activity#
8:25 AM	PS	330111-41
	I	330101-36
	2	330102-35
	2.5	330112-33
	PR	330114-63
	PR	330114-64
9:10 AM	I	330101-37
	2	330102-36
	5	330105-11
	PR	330114-65
	PR	330114-66
9:15 AM	SF I	330110-12
9:55 AM	I	330101-38
	2	330102-37
	2.5	330112-34
	3	330103-27
	ST	330108-03
10:00 AM	SF 2	330110-13
10:40 AM	PS	330111-42
	I	330101-39
	2	330102-38
	6	330106-08
	YB	330113-10
	PR	330114-67
	PR	330114-68
11:25 AM	PS	330111-43
	I	330101-40
	2	330102-39
	3	330103-28
	4	330104-25
	PR	330114-69
	PR	330114-70

SUNDAY June 20 – August 15 No classes July 4

Time	Level	Activity#
8:25 AM	PS	330111-44
	I	330101-41
	2	330102-40
	AI	330115-04
	PR	330114-71
	PR	330114-72
9:10 AM	PS	330111-45
	I	330101-42
	2	330102-41
	5	330105-12
	PR	330114-73
	PR	330114-74
9:55 AM	I	330101-43
	2	330102-42
	2.5	330112-35
	ST	330108-04
10:00 AM	SF I	330110-14
10:40 AM	PS	330111-46
	I	330101-44
	2	330102-43
	3	330103-29
	4	330104-26
	PR	330114-75
	PR	330114-76
11:25 AM	PR	330114-77
	PR	330114-78
	PR	330114-79

A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. On weekday and weekend mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

AQUATIC KEY

- LI Level 1,2, etc...
- SF1 – Star Fish 9-18 mths
- SF2 – Star Fish 18-24 mths
- AI Adult Instruction
- JL Junior Lifeguard
- PS Preschool
- PR Private Lessons
- YB Youth Beginner
- ST Stroke Technique



SPECIAL AQUATICS/CPR & FIRST AID

SNORKELING

Ages 8 to 13

Friday, June 18 9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident **Activity # 330306-01**

Friday, July 16 9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident **Activity # 330306-02**

Friday, Aug 6 9:00 A.M. – 10:00 A.M.
\$20; \$15 Shoreview Resident **Activity # 330306-03**

Community Center Pool

A specialized class for youth ages 8 to 13 to explore the underwater world. Equipment is designed especially for youth. A variety of abilities are welcome although basic swimming skills are needed.

GIRL SCOUTS, BOY SCOUTS

\$10 per child **Activity # 330301-01**

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes.

LIFEGUARDING TRAINING

Ages 15+

Monday – Friday, June 14-18 9:00 A.M. – 3:30 P.M.
\$200; \$190 Shoreview Resident **Activity # 330302-01**

Monday – Friday, August 23-27 9:00 A.M. – 3:30 P.M.
\$200; \$190 Shoreview Resident **Activity # 330302-02**

Shoreview Community Center/Chippewa Middle School Pool

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 500-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

JUNIOR LIFEGUARD

Ages 9+

Mon – Thurs, June 14-24 10:40 A.M. – 11:15 A.M.
\$67; \$57 Shoreview Resident **Activity # 350301-01**

Mon – Thurs, July 12-22 8:25 A.M. – 9:00 A.M.
\$67; \$57 Shoreview Resident **Activity # 350301-02**

Community Center Pool

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help youths understand the work of lifeguards. Participants learn about pool and open water safety in a fun and challenging atmosphere. Youth will also participate in a variety of fun events such as: Distance Swim, Swim Relays and Rescue Relay's to name a few. Class will meet for 8 lessons, and includes a shadow session.

INFANT, CHILD AND ADULT CPR

Professional Rescuer CPR

Wednesday, June 2 5:00 P.M. – 10:00 P.M.
\$75; \$65 Shoreview Resident **Activity # 350303-01**

Community CPR

Wednesday, July 14 5:00 P.M. – 10:00 P.M.
\$75; \$65 Shoreview Resident **Activity # 350303-02**

Shoreview Community Center

Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, and CPR. Certification will be issued after successful completion of a written test and skill check off.

COMMUNITY FIRST AID AND CPR

Tuesdays, June 8 & 15 6:00 P.M. – 10:00 P.M.
\$85; \$75 Shoreview Resident **Activity # 350302-01**

Tuesdays, July 6 & 13 6:00 P.M. – 10:00 P.M.
\$85; \$75 Shoreview Resident **Activity # 350302-02**

Shoreview Community Center

Learn how to recognize and care for life threatening emergencies while providing basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrive. Course will provide the information necessary to make crucial decisions during an emergency. Certification will be issued after successful completion of a written exam and skill check off.

FITNESS REGISTRATION

Call for information: 651-490-4750

SUMMER SESSION – 10 weeks June 21 – August 29

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of the National Exercise Trainers of America. Our classes are suitable for all ages, abilities, and fitness levels.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off group fitness classes listed on pp. 36-37 with the exception of Kids Yoga. (Discount not available online at this time.)

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Class	Rate	Activity #
Revvig, Hip Hop, Zumba, and Tai Chi		
.....	..\$40; \$35 Shoreview Resident	.. 310401-01
Yoga, Pilates, and Yogalates		
.....	..\$45; \$40 Shoreview Resident	.. 310402-01
All Other Fitness Classes		
.....	..\$28; \$25 Shoreview Resident	.. 310403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yogalates	\$10; \$9 Shoreview Resident
Revvig, Hip Hop, Zumba, and Tai Chi\$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate\$6.50; \$5.50 Shoreview Resident

FITNESS CLASS DESCRIPTIONS

Arthritis Foundation Tai Chi Program®

The Arthritis Foundation Tai Chi Program® is designed to improve the quality of life for people with arthritis using Sun style Tai Chi, one of the four major recognized styles of Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

Arthritis Foundation Exercise Program

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- help increase joint flexibility and range of motion
- help maintain muscle strength

The Arthritis Foundation Exercise Program accommodates your fitness level by offering exercises done while sitting, standing or on the floor. Class instructors have completed special Arthritis Foundation instructor-training workshops. Participants can expect such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge. **Extreme Boot Camp:** takes the training outside and kicks the intensity up a notch!

Candle Light Yoga

A mind-body yoga class done in the relaxing atmosphere of candle light. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.

FITNESS CLASS DESCRIPTIONS

Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Cardio Mix

Do you like to mix it up? This class offers a variety of cardio exercise formats. Each week a different type of cardio will be performed including kick boxing, boot camp, total body workout, Drums Alive, and much more! This class is great for those who like variety.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you move through the stations of the circuit. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.



Latin Hip Hop

Latin Hip Hop is a high energy workout that takes Latin dance movements and adds a twist of hip hop. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!

Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

Revving

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revving is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revving bikes is adjustable to accommodate all levels and intensities.

Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or run a marathon this class is for you.

Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

WATER EXERCISE

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency and range of motion.

Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.



GROUP FITNESS SCHEDULE

MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

June 21 – August 29 (10 weeks)

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
5:45 A.M.	Total Body Workout	\$51/\$46	310502-01	Studio 1
7:30 A.M.	Aqua Splash	\$51/\$46	310522-01	Pool
8:30 A.M.	Classic Conditioning	\$51/\$46	310539-01	Studio 1
8:30 A.M.	Strength Training	\$51/\$46	310517-01	Studio 2
9:30 A.M.	Circuit	\$51/\$46	310505-01	Studio 1
9:30 A.M.	Core Fusion	\$51/\$46	310531-03	Studio 2
11:40 A.M.	Mind/Body Yoga	\$81/\$76	310506-01	Studio 2
TUESDAY				
5:45 A.M.	Power Pump	\$51/\$46	310523-01	Studio 2
7:30 A.M.	Aqua Splash	\$51/\$46	310522-03	Pool
8:30 A.M.	Mind/Body Yoga	\$81/\$76	310506-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	310523-02	Studio 2
9:30 A.M.	Step It Up	\$51/\$46	310516-01	Studio 2
9:30 A.M.	Pilates	\$81/\$76	310507-01	Studio 1
11:30 A.M.	Strength Training	\$51/\$46	310541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$81/\$76	310163-01	Studio 1
WEDNESDAY				
5:45 A.M.	Total Body Workout	\$51/\$46	310502-02	Studio 1
6:00 A.M.	Step & Strength	\$51/\$46	310514-02	Studio 2
7:30 A.M.	Aqua Splash	\$51/\$46	310522-05	Pool
8:30 A.M.	Strength Training	\$51/\$46	310517-02	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	310539-02	Studio 2
9:30 A.M.	Circuit	\$51/\$46	310505-02	Studio 1
9:30 A.M.	Latin Hip Hop	\$66/\$61	310545-01	Studio 2
10:30 A.M.	Yogalates	\$81/\$76	310525-03	Studio 2
THURSDAY				
5:45 A.M.	Cardio Mix	\$51/\$46	310503-01	Studio 2
7:30 A.M.	Aqua Splash	\$51/\$46	310522-07	Pool
8:30 A.M.	Pilates	\$81/\$76	310507-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	310523-06	Studio 2
9:30 A.M.	Step It Up	\$51/\$46	310516-04	Studio 2
9:30 A.M.	Core Fusion	\$51/\$46	310531-02	Studio 1
10:30 A.M.	Cardio Kickboxing	\$51/\$46	310501-02	Studio 2
11:30 A.M.	Strength Training	\$51/\$46	310541-02	Studio 2
12:30 P.M.	Yogalates	\$81/\$76	310525-05	Studio 2
FRIDAY				
5:45 A.M.	Total Body Workout	\$51/\$46	310502-03	Studio 2
6:00 A.M.	Revving	\$66/\$61	310512-07	Studio 1
7:30 A.M.	Aqua Splash	\$51/\$46	310522-09	Pool
8:30 A.M.	Strength Training	\$51/\$46	310517-03	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	310539-03	Studio 2
9:00 A.M.	Arthritis Foundation Aquatic Program	\$51/\$46	310164-01	Pool
9:30 A.M.	Circuit	\$51/\$46	310505-03	Studio 1
SATURDAY				
8:30 A.M.	Revving	\$66/\$61	310512-08	Studio 1
9:30 A.M.	Power Pump	\$51/\$46	310523-09	Studio 2
10:00 A.M.	Kids Yoga	\$40/\$35	310245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$51/\$46	310501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$81/\$76	310506-04	Studio 1
SUNDAY				
5:00 P.M.	Candle Light Yoga (no class July 4)	\$73/\$68	310537-01	Studio 2

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 36 & 37 with the exception of Kid's Yoga.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 41

GROUP FITNESS SCHEDULE

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

June 21 – August 29 (10 weeks)

Time	Class	Rate/Shoreview Res.	Activity#	Location
MONDAY				
4:15 P.M.	Zumba	\$66/\$61	310544-02	Studio 2
5:20 P.M.	Step and Strength	\$51/\$46	310514-01	Studio 2
5:20 P.M.	Boot Camp	\$51/\$46	310532-01	Studio 1
6:25 P.M.	Cardio Groove	\$51/\$46	310504-01	Studio 2
6:25 P.M.	Revvig	\$66/\$61	310512-01	Studio 1
7:30 P.M.	Power Pump	\$51/\$46	310523-04	Studio 2
7:30 P.M.	Core Fusion	\$51/\$46	310531-01	Studio 1
8:35 P.M.	Aqua Splash	\$51/\$46	310522-02	Pool
TUESDAY				
4:15 P.M.	Revvig	\$66/\$61	310512-02	Studio 1
5:05 P.M.	Aqua Splash	\$51/\$46	310522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$81/\$76	310506-03	Studio 1
5:20 P.M.	Power Pump	\$51/\$46	310523-03	Studio 2
6:25 P.M.	Pilates	\$81/\$76	310507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$51/\$46	310501-01	Studio 2
7:30 P.M.	Total Body Workout	\$51/\$46	310502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$51/\$46	310542-01	Studio 2
WEDNESDAY				
5:20 P.M.	Step It Up	\$51/\$46	310516-03	Studio 2
5:20 P.M.	Boot Camp Extreme	\$51/\$46	310532-02	Gym Act Rm/Outsd
5:20 P.M.	Yogalates	\$81/\$76	310525-02	Studio 1
6:25 P.M.	Zumba	\$66/\$61	310544-01	Studio 2
6:25 P.M.	Revvig	\$66/\$61	310512-05	Studio 1
7:30 P.M.	Power Pump	\$51/\$46	310523-05	Studio 2
7:30 P.M.	Arthritis Foundation T'ai Chi	\$66/\$61	310235-01	Studio 1
8:30 P.M.	Mind/Body Yoga	\$81/\$76	310506-06	Studio 1
8:35 P.M.	Aqua Splash	\$51/\$46	310522-06	Pool
THURSDAY				
4:15 P.M.	Total Body Workout	\$51/\$46	310502-05	Studio 1
5:05 P.M.	Aqua Splash	\$51/\$46	310522-08	Pool
5:20 P.M.	Yoga Strength	\$81/\$76	310524-01	Studio 1
5:20 P.M.	Power Pump	\$51/\$46	310523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$51/\$46	310501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$81/\$76	310511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$81/\$76	310506-05	Studio 1
7:30 P.M.	Zumba	\$66/\$61	310544-03	Studio 2
FRIDAY				
4:15 P.M.	Zumba	\$66/\$61	310544-04	Studio 2

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



PERSONAL TRAINING

CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

Trainer biographies are posted outside of the Fitness Center, across from Studio 2.

Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.

TEEN CONDITIONING

Ages 12 to 18

Group Rate (2+ participants, 5 sessions, 1 hour each):
\$70/\$65 Shoreview Resident **Activity # 310301-01**

Developing a healthy and fit lifestyle begins at a young age. The Teen Conditioning program provides instruction on basic exercise principles along with proper exercise form and technique. Personal Trainers will guide participants through exercises selected for improvement of muscular strength and endurance and ensure that each exercise is performed with correct form. Participants will learn how to select appropriate exercises and weights and gain an understanding of how to design their own fitness routines and programs in order to safely attain their fitness goals. Call to set up an appointment and schedule for your individual or group: 651-490-4768.

SPORTS PERFORMANCE TRAINING

12 yrs – collegiate level athletes

Individual Rate: \$35/session **Activity # 310302-01**

Group Rate (3+ participants): \$15/session
. **Activity # 310303-01**

Athletes will participate in training programs designed to accommodate their individual needs and abilities. Trainers with extensive backgrounds in training and coaching athletes of all levels will guide participants through speed, strength, endurance, and agility training exercises that are specially designed to improve performance in their sport. Call to set up an appointment and schedule for your individual or group: 651-490-4768



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident **Activity # 310299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

Nordic Walking

Looking for a way to exercise year-round that is fun, safe and convenient? Then Nordic walking may be the perfect activity for you! Practiced regularly by many people in Scandinavia and Europe, Nordic walking is one of the world's fastest growing fitness trends, and is a great way for anyone to improve their health regardless of age, weight or gender. It provides all the benefits of walking—and more!

NORDIC WALKING FOR EVERYONE

Tuesdays, June 15 – July 20 (6 weeks) 7:30 P.M. – 8:30 P.M.

\$100; \$95 Shoreview Resident **Activity # 310237-01**

Shoreview Community Center & Local Trails

Get fit and enjoy the summer evenings outdoors with Nordic walking! Through the use of specially designed walking poles, Nordic walking gives you a full body workout that is even more effective than regular walking in burning calories and increasing cardiovascular fitness. It can also boost mental health, improve balance and coordination, and relieve neck and back pain. While exploring Shoreview trails, you will learn the fundamentals of Nordic walking, receive ongoing instruction in technique and proper use of equipment, and learn how to get the maximum physical and psychological benefit each time you walk. Special Nordic walking poles will be available for rent or purchase from the instructor, or students may bring their own. Both new and experienced Nordic walkers are welcome.

RUN/WALK TRAINING (5K & UP)

Tuesdays, June 15 – August 21 (10 weeks)

6:30 P.M. and Saturdays, 8:30 A.M.

\$100; \$95 Shoreview Resident **Activity # 310217-01**

Shoreview Community Center

Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.

MARTIAL ARTS

Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

FAMILY DISCOUNT

\$15 off for second family member

\$25 off for third family member



BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.

Session A: June 15 – July 22 (5.5 weeks, no class July 6)

\$81; \$73 Shoreview Resident **Activity # 310230-01**

Session B: July 27 – August 26 (5 weeks)

\$74; \$66 Shoreview Resident **Activity # 310232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.

Session A: June 15 – July 22 (5.5 weeks, no class July 6)

\$81; \$73 Shoreview Resident **Activity # 310231-01**

Session B: July 27 – August 26 (5 weeks)

\$74; \$66 Shoreview Resident **Activity # 310233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763

Please call this number to leave reservation information.

Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.

Saturdays 8:30 A.M. – 12:30 P.M.

CLOSED: May 28, 4 – 8

May 29, 31

July 3

Sept 4 & 6

Member/Fitness Class Participant Rate

\$1 per hour (per child) – some restrictions apply

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service.**

Drop In Rate

\$4.50 per hour, per child

\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

Payment must be rendered at the time of service .

Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

Please refer to our Parent Handbook for more information on additional policies and procedures.



KIDS CORNER PRESCHOOL

2010-2011 School Year

Calling all 2½-5 year olds. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. School Year Dates are September 7, 2010 – May 27, 2011.

To determine class availability and for a registration form please call 651-490-4750. A \$50

non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.



MONDAY FUNDAY

Morning Monday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Monday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2010.

FRIDAY FUNDAY

Morning Friday Funday 9:00 A.M. – 10:30 A.M.
Afternoon Friday Funday 11:00 A.M. – 12:30 P.M.
\$50/month; \$45/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2010.

TINY TREASURES

Wednesday & Friday 9:00 A.M. – 11:30 A.M.
\$100/month; \$95/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ABC'S & 123'S

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$105/month; \$100/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

ALPHA KIDS

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$115/month; \$110/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2010.

STEPPING STONES

Monday, Wednesday, Friday 12:30 P.M. – 3:30 P.M.
\$150/month; \$145/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2010.

BUSY BUDDIES

Monday 9:00 A.M. – 11:30 A.M.
\$80/month; \$75/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2010.

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

Saturdays, May 8 & 15 8:30 A.M. – 12:00 P.M.
\$55; \$45 Shoreview Resident **Activity # 250101-01**

Saturdays, June 19 & 26 8:30 A.M. – 12:00 P.M.
\$55; \$45 Shoreview Resident **Activity # 350101-01**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, first aid handbook, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 10 participants to run the class.



CHEER AMERICA

Ages 4 to 16

Thursdays, June 17 – August 19 (10 weeks)
6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)
\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Registration and information session: June 10, 6:00 P.M. – 7:30 P.M.**



KIDS' YOGA

Ages 5 and up

Saturdays, June 26 – August 28 10:00 A.M. – 10:45 A.M.
\$40; \$35 Shoreview Resident **Activity # 310245-01**

Studio 1, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

OUTDOOR GAMES

Ages 7-11

Mondays, June 14 – August 2 1:30 P.M. – 3:30 P.M.
\$44; \$38 Shoreview Resident **Activity # 390514-01**

Commons Park

Participate in an assortment of exciting sports. We'll play sand volleyball, ultimate frisbee, bocce ball, kickball, dodgeball, ladderball, bean bag toss, washer toss, and other sports. Class will meet at the small soccer field by the skate park.

ADVENTURE QUEST

SUMMER PLAYGROUND PROGRAM

June 14 – August 5

Join us for the journey of a lifetime this summer! Adventure Quest, the new and improved version of our Summer Park Program, is filled with sports, crafts, games, songs, and other themed events. Our highly trained and energetic summer staff will be your child's adventure guide as we discover new lands, oceans, jungles, and more! Each week will unveil a new theme sure to keep your child interested and challenged this summer. Children will stretch their imaginations, keep physically active, and make new friends in Adventure Quest.

General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age by August 31, 2010. Age groups do have an overlap. If your child falls into the age that overlaps, please place your child where you feel they will be the most successful and have the most fun. If you need assistance in placement, please contact 651-490-4750.

TINY TREKKERS

Ages 3-4

Mondays, June 14-August 2

Rate: \$73; \$67 Shoreview Resident

<u>Location</u>	<u>Time</u>	<u>Activity Number</u>
Bobby Theisen Park	9:30 A.M. – 11:30 A.M.	370501-01
McCullough Park	9:30 A.M. – 11:30 A.M.	370501-02
Sitzer Park	9:30 A.M. – 11:30 A.M.	370501-03

TRAVELERS

Ages 4-7

Tuesdays, Wednesdays, Thursdays, June 15-August 5

Rate: \$130; \$124 Shoreview Resident

<u>Location</u>	<u>Time</u>	<u>Activity Number</u>
Sitzer Park	9:00 A.M. – 11:30 A.M.	370502-01
Bucher Park	9:00 A.M. – 11:30 A.M.	370502-02
McCullough Park	1:00 P.M. – 3:30 P.M.	370502-03
Bobby Theisen Park	1:00 P.M. – 3:30 P.M.	370502-04

EXPLORERS

Ages 7-11

Tuesdays, Wednesdays, Thursdays, June 15-August 5

Rate: \$130; \$124 Shoreview Resident

<u>Location</u>	<u>Time</u>	<u>Activity Number</u>
Sitzer Park	9:00 A.M. – 11:30 A.M.	370503-01
Bucher Park	9:00 A.M. – 11:30 A.M.	370503-02
McCullough Park	1:00 P.M. – 3:30 P.M.	370503-03
Bobby Theisen Park	1:00 P.M. – 3:30 P.M.	370503-04

ADVENTURE QUEST LEADERS IN TRAINING



Entering grades 7 to 9

June 14 – August 5 **Activity # 370507-01**

\$64; \$56 Shoreview Resident

T,W,Th: Adventure Quest Playground Sites

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 9th grade in the fall of 2010 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program. Those interested in participating will be asked to complete an application and meet with a program staff.



DAZZLING DIVAS

Ages 3 to 8

Saturday, May 1 9:30 A.M. – 11:00 A.M.
\$10; \$8 Shoreview Resident **Activity # 260417-01**

Shoreview Community Center

Be transformed into a Diva for a Day! Come dressed in your most glam outfit or princess dress and bring along your favorite adult for a morning of fun. There will be crafts, music, a chance to get your nails or hair done, and more. The morning will be topped off with a fashion show featuring all of our Dazzling Divas strutting down the red carpet! Make sure to bring your camera! Register early, space is limited! Registration deadline is Monday, April 26.

Friday Fun Days

Ages 4 to 10

PASSPORT TO ADVENTURE

Friday, June 18 9:30 A.M. – 11:30 A.M.
\$10 **Activity # 370506-01**

Sitzer Park

Join us on this adventure as we travel to new destinations and get a few stamps in our passports along the way! We will explore the globe from right here in Shoreview. Travel around the world experiencing many popular customs!

TROPICAL TREASURES

Friday, July 9 9:30 A.M. – 11:30 A.M.
\$10 **Activity # 370506-02**

Sitzer Park

Aloha! Kick off your shoes and join us on the shore for Hawaiian music, food and more! Wear a bright shirt, a grass skirt or lei, we're going to celebrate the tropical way! Palm trees and sandy beaches might be far away, so we're bringing the tropics to us to celebrate this special day!

OUTDOOR ODYSSEY

Friday, July 23 9:30 A.M. – 11:30 A.M.
\$10 **Activity # 370506-03**

Sitzer Park

Come and enjoy some time in the great outdoors! We will explore the outdoor world and learn about creepy crawlers and critters, as well as many other outdoor animals and their habitats.

WET & WILD

Ages 6 and up

June 25, July 9 & 30 1:00 P.M. – 3:30 P.M.
FREE at Commons Park

Shoreview's outdoor waterslide—back by popular demand.
No registration necessary.

ADVENTURE QUEST CARNIVAL

All ages

July 16 1:00 P.M. – 4:00 P.M.
Shoreview Community Center

Bring your pennies and nickels and try your luck at our unique carnival held in the Community Center, including face painting, Bingo, Soccer Kick, and much more. All games cost five cents—what a deal! No registration necessary.



PUPPET WAGON

Come out to the park and enjoy the Shoreview Puppet Wagon! This is a free event, no preregistration required. Shows last approximately 30 minutes

Mondays

June 21:	McCullough Park	12:15 P.M.
	Bucher Park	2:30 P.M.
	Sitzer Park	6:30 P.M., 7:15 P.M.
June 28:	Bobby Theisen Park	12:15 P.M.
	Commons Park	2:30 P.M.
	Shamrock Park	6:30 P.M., 7:15 P.M.
July 5:	Sitzer Park	12:15 P.M.
	Shamrock Park	2:30 P.M.
	Bucher Park	6:30 P.M., 7:15 P.M.
July 12:	McCullough Park	12:15 P.M.
	Commons Park	2:30 P.M.
	Sitzer Park	6:30 P.M., 7:15 P.M.
July 19:	Bobby Theisen Park	12:15 P.M.
	Bucher Park	2:30 P.M.
	Shamrock Park	6:30 P.M., 7:15 P.M.
July 26:	Sitzer Park	12:15 P.M.
	Commons Park	2:30 P.M.
	Bucher Park	6:30 P.M., 7:15 P.M.

For specific show information please call the Shoreview Parks and Recreation Department at 651-490-4750.

FANTASTIC FRIDAY FIELD TRIPS

46

Sizzling hot summer fun—that's how everyone describes our summer trips. Parents love them because all our trips are chaperoned by our attentive staff. Kids love them because the trips take them to exciting places. Use your parental discretion to determine whether your child is mature enough to attend by themselves. Age guidelines and registration information are noted for each trip. Pre-registration is required. Trips fill up fast, so sign up early. Bus pick-up and drop-off will be at the Shoreview Community Center. Event times listed are approximate only. **Supervision is not available before trip drop-off time.**

UNDERWATER ADVENTURES & NICKELODEON UNIVERSE

Ages 7 and up

June 18 Drop off at 8:50 A.M., Pick up at 5:00 P.M.
\$41; \$36 Shoreview Resident **Activity # 370701-01**

Imagine traveling 14 feet underwater where sharks, stingrays and giant sea turtles swim so close, you'll feel like you can reach out and touch them! Join us as we explore Underwater Adventures at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! Whichever rides you choose you will have a blast! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by Wednesday, June 16.

GRAND RIOS

Ages 7 and up

June 25 Drop off at 9:20 A.M., Pick up at 5:00 P.M.
\$41; \$36 Shoreview Resident **Activity # 370702-01**

Experience the twists and turns of one of Minnesota's largest indoor Waterpark. Check out the "Big Splash," 500 gallons dumping bucket, coconut Island Play area, lazy river, basketball and sport pool, four story water tower featuring body and tube slides, Hurricane Plunge, Arcade, and pizza lunch! **Bring money for arcade, lunch is included.** Register by Wednesday, June 23.

BUNKER BEACH

Ages 7 and up

July 9 Drop off at 9:50 A.M., Pick up at 4:30 P.M.
\$39; \$34 Shoreview Resident **Activity # 370703-01**

Make a big splash at the wave pool or visit the amusement pool, water slides, and interactive adventure pool. Lunch provided will include a hot dog, chips, pop, and cookie. **Bring a swimsuit, towel and sunscreen.** Register by Wednesday, July 7.

VALLEYFAIR

Ages 7 and up

July 23 Drop off at 8:20 A.M., Pick up at 5:30 P.M.
\$46; \$41 Shoreview Resident **Activity # 370704-01**

From flips and dips to a 200-foot drop, there's excitement galore on Valleyfair's seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don't miss Power Tower—275 feet of extreme scream! For those looking for relaxed thrills, the park offers a myriad of magical delights. There's something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by Wednesday, July 21

WILD MOUNTAIN

Ages 8 and up (minimum height of 54 inches)

July 30 Drop off at 9:05 A.M., Pick up at 4:45 P.M.
\$46; \$41 Shoreview Resident **Activity # 370705-01**

Join us as we enjoy the rush of Wild Mountains Water Slides, Alpine Slides and Go Karts. Trip includes unlimited water rides and dry rides. **Bring a swimsuit, towel, sunscreen and a bag lunch.** Register by Wednesday, July 28.

MAPLE GROVE COMMUNITY CENTER

Ages 7 and up (minimum height of 54 inches)

August 6 Drop off at 9:20 A.M., Pick up at 5:15 P.M.
\$39; \$34 Shoreview Resident **Activity # 370706-01**

Rain or shine this trip will be divine! The indoor leisure pool features a zero-depth beach area, water spray activities, a 130-foot waterslide and a rope swing that drops into 12½ feet of water. The outdoor pool features a lazy river, tumble buckets, log walk, tot slide and water sprays. The facility also has a gym for open sports play, we can strap up our skates for some ice skating or explore the Maple Maze in which youth 12 years and under will find it amazing to glide down the tube slide, swirl down the double slide, or crawl through four climbing levels in the ceiling high playhouse or rock climbing wall. This is an action packed day of multi recreational play experiences. **Please bring a swimsuit, towel and a bag lunch.** Register by Wednesday, August 4.

SWALLEN'S MUSTANG GIRLS' SOCCER CAMP

\$105
Monday-Friday, June 21-25 9:30 A.M. – 12:00 P.M.
Mounds View High School

Grades K–6 ('10-'11 school year)
Upper Grass Fields **Activity # 390908-01**
Grades 7-10 ('10-'11 school year)
Lower Stadium **Activity # 390908-02**

Our goal is to create an enthusiastic learning environment for girls to develop their individual soccer skills, self-confidence, and friendships. Players will be grouped by grade and playing experience with a 12:1 player to coach ratio. All activities balance both teaching and fun for ultimate player development. The camp instructors will be MVHS coaches, former and current women college players, as well as current varsity soccer players. Participants should bring: a soccer ball, water bottle, and snack, cleats and shin guards. Please indicate t-shirt size on registration form. For specific camp questions, contact Sharon at 651.481.0332 or sharonswallen@mac.com. Register by Friday, June 18 (Players registering on site at camp will be charged an extra \$10).

LEISER KINDERGARTEN (CO-REC) BASKETBALL CAMP

Ages 5 and Kindergarten ('09-'10 school year)
July 20, 23, 26 10:00 A.M. – 10:30 A.M.
\$34 per participant **Activity # 390909-01**
Island Lake Elementary

Join Mounds View assistant basketball coach Dave Leiser in this basketball skills camp. Introduce your child to the great game of basketball in a fun environment. All participants receive a camp t-shirt.

LEISER GIRLS BASKETBALL CAMP

Grades 2-4 ('09-'10 school year)
July 19-22 1:00 P.M. – 3:00 P.M.
\$72 per participant **Activity # 390902-01**
Island Lake Elementary

Join Mounds View assistant basketball coach Dave Leiser for this fun-filled camp. Learn the basic skills and principals of basketball in a fun environment. Grade levels based on school year just completed. All participants receive a camp t-shirt.

LEISER'S LITTLE DRIBBLERS BOYS CAMP

Grades 1-2 ('09-'10 school year)
\$65 for 1 session; \$123 for 2 sessions
11:00 A.M. – 12:00 P.M.

Session I
June 22-24, 28-30 **Activity # 390911-01**
Session 2
July 7-9, 12-14 **Activity # 390911-02**

Island Lake Elementary

Get a jump on your basketball skills by learning the fundamentals of the game. All participants receive a camp t-shirt. Call Dave at 651.621.6100, ext. 7045, if you have any questions.

ZIG KAULS' MUSTANG BOYS CAMP

Grades 3-5 ('09-'10 school year)
\$97 for 1 session; \$185 for 2 sessions

Session I June 22-24, 28-30
Session II July 7-9, 12-14
Grades 3-4 12:00 P.M. – 1:30 P.M.
Session 1 **Activity # 390910-01**
Session 2 **Activity # 390910-02**
Grades 4 (adv)-5 1:30 P.M. – 3:00 P.M.
Session 1 **Activity # 390910-03**
Session 2 **Activity # 390910-04**

Island Lake Elementary

Grades 6-9 ('09-'10 school year)
\$126 for 1 session; \$230 for 2 sessions

Session I June 21-24, June 28-July 1
Session II July 19-22, 26-29
Grades 6-7 2:00 P.M. – 4:00 P.M.
Session 1 **Activity # 390910-05**
Session 2 **Activity # 390910-06**
Grades 8-9 12:00 P.M. – 2:00 P.M.
Session 1 **Activity # 390910-07**
Session 2 **Activity # 390910-08**

Mounds View High School

Join the Mounds View boys basketball head coach Zig Kauls and assistant head coach Dave Leiser in skill training activities including drills, scrimmages, contests and videotaping. All participants receive a camp t-shirt. Call Zig at 651.633.6800 or Dave at 651.621.6100, ext. 7045, if you have any questions or would like to request an exception to grade level requirements. Grade levels for all basketball camps above are based on school year just completed.

MV MUSTANG CAMPS

SPORTS UNLIMITED CAMPS

WEKO'S MOUNDS VIEW
GIRLS VOLLEYBALL CAMP

Grades 4-9 ('10-'11 school year)

June 14-17, 21-24 8:30 A.M. – 11:30 A.M.
\$180 per participant **Activity #390903-01**

Mounds View High School

Come join Tom Weko, varsity volleyball coach at Mounds View High School, and his players to have fun learning the basics of playing volleyball including passing, setting, hitting, serving, individual defense, team defense, serve reception and playing strategy. Participants should bring knee pads, wrist bands (optional), water bottle and a great attitude. Participants will receive a t-shirt (please indicate size on the registration form). Contact Coach Weko at 763.537.6875 with questions.

MCKEE'S MUSTANG GIRLS
BASKETBALL CAMP**Session 1** June 14–17 at Mounds View High School**Session 2** June 21–24 at Highview Middle School**Session 3** July 26–29 at Mounds View High School

Grades 4-6 ('09-'10 school year) 12:30 P.M. – 2:00 P.M.

\$65 per session or \$100 for 2 sessions

Session 1 **Activity # 390907-01**Session 2 **Activity # 390907-02**

Grades 7-9 ('09-'10 school year) 2:00 P.M. – 4:00 P.M.

\$75 per session or \$125 for 2 sessions

Session 1 **Activity # 390907-03**Session 2 **Activity # 390907-04**

Grades 9-11 ('09-'10 school year) 9:30 A.M. – 11:30 A.M.

\$75 per session

Session 3 **Activity # 390907-05**

Join the Mounds View girls basketball head coach Bill McKee for these fun-filled camps. The camp will include skill training activities, including drills, scrimmages, and contests. All participants receive a camp t-shirt. Call Michael Poncelet at 651.373.6021, if you have any questions.



Sports Unlimited Camps provide fundamental skill development for boys and girls from ages 4-12 with the emphasis on fun! The camps help players learn the core skills and techniques used in each sport and then allow them to practice these skills in a number of games and scrimmages.

- All camps will run Monday through Thursday.
- Registration deadline is one week before camp starts
- All campers receive quality instruction, water bottle, fun, games, and sportsmanship award

Campers will need to:

- Wear t-shirt, shorts, sweats, socks, athletic shoes
- Bring sunscreen, water bottle, snack, shin guards (for soccer)

MINI-SPORT SAMPLER

Ages 4-6

June 14-17 1:00 P.M. – 4:00 P.M.

\$87; \$82 Shoreview Resident **Activity # 390912-01**

Cummings Park (Arden Hills)

Mini-Sport helps children explore baseball, soccer, lacrosse, flag football and basketball in a fun and non-competitive setting. The coaches are committed to helping the young athletes start off on the right foot, as they take their first steps into sports.

NEW!OUTDOOR BALL
HOCKEY

Ages 6-10

June 21-24 9:00 A.M. – 12:00 P.M.

\$87; \$82 Shoreview Resident **Activity # 390913-01**

Bobby Theisen Park

This camp will focus on the fundamental skills of Ball Hockey using small group activities, scrimmages and fun games. Ball Hockey combines the stick handling, passing and shooting skills of Ice Hockey. Bring a helmet with full mask, mouthpiece, hockey gloves and running shoes. **No inline skates allowed.** Elbow and shin pads are optional. Hockey sticks will be provided.

NEW!

SKATEBOARDING

Ages 6-12

June 21-24 9:00 A.M. – 12:00 P.M.

\$87; \$82 Shoreview Resident **Activity # 390914-01**

Shoreview Community Center Skate Park

Skateboarding is one of the world's fastest growing sports. Whether you are just learning or looking to learn more advanced tricks, this camp is for you. Individual skills/tricks taught: balance, stopping, turning, ollie, nollie, heelflip and kickflips. Bring a skateboard and helmet. Knee pads, elbow pads and wrist guards are optional.

INTRODUCTORY LACROSSE CAMP

Ages 5-12

\$87; \$82 Shoreview Residents

Ages 5-8 (Little Ripper) 9:00 A.M. – 12:00 P.M.
June 28-July 1 **Activity # 390915-01**
Perry Park (Arden Hills)

August 2-5 **Activity # 390915-02**
Shamrock Park

Ages 8-12 (Big Ripper) 1:00 P.M. – 4:00 P.M.
June 28-July 1 **Activity # 390915-03**
Perry Park (Arden Hills)
August 2-5 **Activity # 390915-04**
Shamrock Park

This camp is designed for both boys and girls ages 5-12. Non-contact lacrosse, also known as “soft lacrosse” is played. Individual skills taught: catching, throwing, scooping and cradling. Sports Unlimited provides all equipment.

VOLLEYBALL/ SAND VOLLEYBALL

Ages 6-12

July 12-15 1:00 P.M. – 4:00 P.M.
\$87; \$82 Shoreview Resident **Activity # 390917-01**

Shoreview Community Center Sand Volleyball Court

This camp is designed to introduce the young athlete to the sport of volleyball through skill development and small group games focusing on helping the children learn the rules of volleyball while working on team play and sportsmanship. Individual skills taught: spiking, serving, setting and hitting. Please bring kneepads.

CHEERLEADING

Ages 4-8

July 19-22 1:00 P.M. – 4:00 P.M.
\$90; \$85 Shoreview Resident **Activity # 390918-01**

Shoreview Community Ctr - Fitness Rm

This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. Participants will learn motion/jump technique, sideline/performance cheers, and dance routines. On the final day participants will perform a cheerleading program in front of their friends and family. Participants receive a set of pom-poms.

BOBBLEHEAD - FULL GEAR LACROSSE CAMP

Ages 8-12

July 19-22 9:00 A.M. – 12:00 P.M.
\$87; \$82 Shoreview Resident **Activity # 390916-01**

Shamrock Park

This camp is a full gear with no body checking. Players need to provide their own equipment—hockey equipment is fine (helmet, shoulder pads, elbow pads and gloves). Lacrosse sticks will be provided.

GOLF

Ages 6-12

July 26-29 1:00 P.M. – 4:00 P.M.
\$91; \$86 Shoreview Resident **Activity # 390919-01**
Perry Park (Arden Hills)

The Sports Unlimited golf program was created to meet the growing needs of the new generation of young golfers. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will also be covered. All campers will receive a sleeve of Sports Unlimited golf balls.

SOCCER

Ages 6-12

August 2-5 1:00 P.M. – 4:00 P.M.
\$87; \$82 Shoreview Resident **Activity # 390920-01**

Cummings Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of soccer through skill development and small group games focusing on shooting, passing, dribbling along with learning the strategies of offense and defense.

FLAG FOOTBALL

Ages 6-12

August 9-12 1:00 P.M. – 4:00 P.M.
\$87; \$82 Shoreview Resident **Activity # 390921-01**

Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of flag football focusing on passing, catching, kicking along with learning the strategies of offense and defense.

ENRICHMENT CAMPS

Mayer Arts Musical Theater Camps

The mission of Mayer Arts is to not only provide training for those who are serious about learning but also to offer classes that are tons of fun! We teach proper technique, terminology, body awareness, and appreciation for the arts. Our goal is that students will not only find a love for the arts but also build healthy habits and self-esteem - skills that will be helpful to them for the rest of their lives.

“MY HIGH SCHOOL MUSICAL 4”

Monday – Friday, July 26-30 \$120
 Ages 4-7 9:00 A.M. – 12:00 P.M.
 **Activity # 370203-01**
 Ages 8-12 1:00 P.M. – 4:00 P.M.
 **Activity # 370203-02**
 Shoreview Community Center Pavilion

Are you anxious for High School Musical 4? Why wait any longer! We will take our favorite songs and dances from the past three movies and put them together in a show that we will create! Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet slippers, or jazz shoes. Bring a nut free snack and beverage daily. Friends and family are invited to observe a special performance during the last 30 minutes of class on Friday. We are all in this together!

ONCE UPON A TIME DANCE AND THEATER

Monday – Friday, August 2-6 \$120
 Ages 4-7 9:00 A.M. – 12:00 P.M.
 **Activity # 370205-01**
 Shoreview Community Center Pavilion

Who is your favorite character from your favorite story? Come join us for five days of fun-filled, energetic dance and drama as we put our favorite characters in a new imaginative story! We will use musical instruments, scarves, crowns and other props to create our story along with dancing to fun children’s songs. We will then incorporate those dances into the story to create a wonderful musical! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. Don’t miss this fun opportunity to create and explore your creative side!

NEW!

Abrakadoodle Art Camps

Abrakadoodle is the nation’s leader in creative art education. In Abrakadoodle programs, children learn about artists, techniques, artistic style, and use of media as well as art history, international styles and cultural background. The curriculum is designed by artists and educators and exceeds national standards. Sign up your child for Abrakadoodle art camps and watch them shine! Campers should bring a beverage and nut free snack. www.abrakadoodle.com

GLITTER AND GLAM ART CAMP

Ages 3.5-6
 Monday & Wednesday, June 28 & 30 .. 10:00 A.M. – 12:00 P.M.
 \$53 **Activity # 370206-01**
 Shoreview Community Center Pavilion

Does your daughter love to get dressed up? Is she a little diva in the making? If so, this is the camp for her! We’ll paint jewelry boxes, make beautiful bracelets, decorate fancy purses, create a beautiful painting for our room, and use lots of sparkle. We’ll even paint our nails!

PLANES, TRAINS AND AUTOMOBILES ART CAMP

Ages 3.5-6
 Tuesday & Thursday, June 29 & July 1 .. 10:00 A.M. – 12:00 P.M.
 \$53 **Activity # 370207-01**
 Shoreview Community Center Pavilion

Chugga Chugga Choo Choo! Hop aboard the Abrakadoodle train as we celebrate our favorite forms of transportation! We’ll paint wooden airplanes, learn to draw trains such as Thomas the Train, paint with Hot Wheel cars and more in this fun filled camp.

GIRLS ONLY ART CAMP 2010

Entering Grades 1-4 (10-11 school year) \$125
 Monday, Tuesday, Thursday, & Friday July 12, 13, 15, & 16
 9:30 A.M. – 12:00 P.M. **Activity # 370208-01**
 Shoreview Community Center Pavilion

Does your daughter love girly things? If so, this is the camp for her! In this girls only camp, we’ll paint our own art apron, sculpt ceramic sunflowers out of clay, make paper mache bowls, and decoupage a jewelry box. We’ll even have the girls bring their favorite doll to class so we can paint a portrait of our doll on stretched canvas. Along the way we’ll listen to girly music, paint our nails, sculpt, draw, paint, collage and more while using lots of sparkle, tissue paper and jewels. Bring your favorite girly CD.

STAR WARS ART CAMP

Entering Grades 1 – 4 ('10-'11 school year)\$125

Monday, Tuesday, Thursday, & Friday July 12, 13, 15, & 16
1:00 P.M. – 3:30 P.M. **Activity # 370209-01**

Shoreview Community Center Pavilion

Learn to draw, sculpt and paint your favorite characters from Yoda to Darth Vader. Using the magic of digital photography and photo illustration we'll even paint ourselves into our favorite scenes. Along the way we'll make our own light sabers and read our favorite Star Wars books. May the force be with you!

NEW!

MadScience Camps

Mad Science® is the world's leading science enrichment provider. We deliver unique, hands-on science experiences for children that are as entertaining as they are educational. Mad Science is proud to introduce millions of children to a world of discovery while sparking their imagination. Mad Science encourages scientific literacy in children in an age when science is as vital as reading, writing and arithmetic.
www.madsciencemn.org

JUNIOR SCIENTIST

Ages 5-7\$100

Monday, Tuesday, Thursday, & Friday August 16, 17, 19, & 20
9:00 A.M. – 12:00 P.M. **Activity # 370204-01**

Shoreview Community Center Pavilion

Start your science career off right with fun hands-on activities. Each day is a different theme. Learn about various animals and start your own insect collection; learn about the weather and space and assemble an ultraviolet sensitive keychain. Watch a volcano explode, change your voice, make an anatomy apron and mix your own batch of slime.

EUREKA!

Ages 8-12\$100

Monday, Tuesday, Thursday, & Friday August 16, 17, 19, & 20
1:00 P.M. – 4:00 P.M. **Activity # 370214-01**

Shoreview Community Center Pavilion

Discover and Create! Each day campers are given a series of challenges they must overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all—their minds. The camp involves a team-based approach to problem solving.

FLIGHT ACADEMY

Ages 6-12\$100

Monday, Tuesday, Thursday, & Friday August 2, 3, 5, & 6
1:00 P.M. – 4:00 P.M. **Activity # 370215-01**

Shoreview Community Center Pavilion

Have you ever wondered how a 350-ton jumbo jet gets off the ground? As a certified flight cadet you will discover what makes airplanes fly. Master the Forces of Nature and take flight as we experiment with different methods of flight. Build your own model rocket and take part in a real rocket launch. Learning has never been this much fun!

SAFETY CAMP

Ages 7-12\$42; \$37 Early Bird (before June 1)

Thursday, August 12 *Registration and Check-in*

..... 4:30 P.M. – 5:00 P.M.

Thursday, August 12 (*includes dinner*) ... 5:00 P.M. – 8:30 P.M.

Friday, August 13 8:00 A.M. – 5:00 P.M.

..... **Activity # 360312-01**

Shoreview Community Center

Enhance your child's ability to react safely to a variety of situations. Professional safety experts will teach safety practices and techniques. Bicycle helmets are required. You may bring a helmet or purchase one for \$8 when registering. Campers will explore issues concerning fire, water, bike, home, dangerous weather, and personal safety. Rate includes Safety Camp T-shirt, lunch or dinner, and a goody bag of safety-related materials. Register by Aug. 3.



ENRICHMENT CAMPS

NEW!

Computer Explorers Camps

COMPUTER EXPLORERS offers a variety of programs which challenge students to be innovative technology users. Working together in small groups to complete technology projects reinforces collaborative team-effort both in school and in the work place. Mastering the technology of today prepares our students for the technology of tomorrow. www.computerexplorers.com

ROBOTICS BUILDERS

Entering Grades 1-3\$120

Monday, Tuesday, Thursday, & Friday July 19, 20, 22, & 23
9:30 A.M. – 12:00 P.M. **Activity # 370210-01**

Shoreview Community Center

Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Possible models may include: Dancing Birds, Hungry Alligator Robot, Goal Kicker Robot, Rescue Plane, and a Smart Spinner Robot. Students will work with simple machines, program models they design and create, measure time and distance, write, and much more! Your child will build LEGO models featuring working motors, tilt sensors, motion detectors, and Lego USB Robotics Hub.

VIDEO GAME ANIMATION

Entering Grades 2-6\$120

Monday, Tuesday, Thursday, & Friday August 9, 10, 12, 13
9:30 A.M. – 12:00 P.M. **Activity # 370211-01**

Shoreview Community Center

Dive into the world of video game design and animation by creating characters that dance, sing and interact with one another. Working in pairs, students will add sound effects and music clips to create a dynamic video animation game. The first part of each class will be instructor led, with the time remaining students will have the opportunity to solve challenge or develop a game with what was learned. You can post your game online so that your friends, your parents, even your grandmother can play your video game! Creativity rules in this fun version of video game design! Games created in class will be available online or students can bring in a USB drive for immediate access.

ROBOTICS: RC SPYBOTS

Entering Grades 4-9\$120

Monday, Tuesday, Thursday, & Friday July 19, 20, 22, & 23
1:00 P.M. – 3:30 P.M. **Activity # 370212-01**

Shoreview Community Center

Build, program and work with some very unique robots. Learn more about science, engineering and technology, while having FUN through the use of hands-on projects provided by Lego® Educational Division and Computer Explorers. In this Robotics class, innovative Lego© Mindstorm Spybotics will be used to build and program robots. Students working in pairs learn how to use the computer to program the robots, and work with advanced heat and light sensors along with the RC controls. The students will race against time to complete their daring missions! Daily challenges may include simulated laser mazes, robotic tag, obstacle avoidance and mine-field navigation, disarming a hacker-bot, and dueling with fellow classmate's spybots and much more!

VIDEO GAME DESIGN

Entering Grades 4-9\$120

Monday, Tuesday, Thursday, & Friday August 9, 10, 12, 13
1:00 P.M. – 3:30 P.M. **Activity # 370213-01**

Shoreview Community Center

Do you enjoy playing video games? This course will give you hands-on experience developing your own game. Students working in pairs will design, create, and edit their own 2 dimensional arcade-style video game. Students work through increasingly challenging tutorials and class led projects leading them to finally take what they have learned to create their own games in the last session. You will design the action, create the characters, and edit the objectives and outcomes. Games created in class will be available online or students can bring in a USB drive for immediate access. Students will receive a 120 day limited version of the programming software so they can continue their creations at home. Optional unlimited full version will be available for purchase.



SUMMER YOUTH SPORTS LEAGUES

You can sign up now! Registration for summer sports began in spring. Registration for summer youth sports leagues began this spring. Registration deadline is May 3. Registrations submitted after May 3 will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for all youth sports leagues. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

SOFTBALL LEAGUES

Grade levels based on 2009–10 school year

Mondays and Wednesdays, June 2–July 28. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$55, \$45 Shoreview Resident

\$65, \$55 Shoreview Resident (fee after May 3)

CoRec (Coach-Pitch), Grades 3-4 . . . **Activity # 390301-01**

Girl's Slow Pitch, Grades 5-6 **Activity # 390302-01**

Girl's Slow Pitch, Grades 7-8 **Activity # 390303-01**

The youth softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. All teams use an 11" softball. Every effort is made to rotate players through all of the positions of softball and provide equal playing time. Players will receive a t-shirt and hat.

COACHES MEETING: Wednesday, May 19, 7:15–8:15 P.M., Shoreview Community Center

T-BALL & BASEBALL LEAGUES

Grade levels based on 2009–10 school year (Must be 4 by Aug. 31, 2010)

Games & practices last for one hour, starting at 6:00 or 7:15 P.M.

\$55, \$45 Shoreview Resident

\$65, \$55 Shoreview Resident (fee after May 3)

Mini Sluggers (CoRec T-Ball), Ages 4-5

Tues & Thurs, June 1–July 29 **Activity # 390101-01**

Little Sluggers (CoRec Coach Pitch), Gr K-1

Tues & Thurs, June 1–July 29 **Activity # 390102-01**

Sluggers (CoRec Coach Pitch), Grades 2-3

Tues & Thurs, June 1–July 29 **Activity # 390103-01**

Slammers (Boys Kid Pitch), Grades 4-5

Mon & Wed, June 2–July 28 **Activity # 390104-01**

This CoRec program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players will receive a t-shirt and hat. A tee will be used if necessary in the Little Sluggers league.

COACHES MEETING: Wednesday, May 19, 6:00–7:00 P.M., Shoreview Community Center

SUMMER SOCCER LEAGUES

Grade levels based on 2010–11 school year

(Must be age 4 by August 31, 2010)

Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$53, \$43 Shoreview Resident

\$63, \$53 Shoreview Resident (fee after May 3)

Mini Mites CoRec, 4 years to Kindergarten

Mondays, June 7–July 26 **Activity # 390201-01**

Mites CoRec, Grades 1 and 2

Mon. & Wed., June 2–July 28 **Activity # 390202-01**

Squirts CoRec, Grades 3 and 4

Tues. & Thurs., June 1–July 29 **Activity # 390203-01**

Our soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS: Thursday, May 20, Shoreview Community Center

MITES AND SQUIRTS from 6:00 P.M. – 7:00 P.M.

MINI MITES from 7:15 P.M. – 8:15 P.M.



IMPORTANT SUMMER LEAGUE INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by May 3. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the May 3 deadline.
- A volunteer coach will contact you with your first practice time and location the week of May 24. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.

FALL SOCCER

Register by July 27 for fall soccer. Registrations submitted after July 27 deadline will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

Volunteer coaches are needed for Fall Soccer. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). The commitment of coaching includes one practice (coach chooses the night/time) and one game per week. Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

YOUTH FALL SOCCER LEAGUES

Grade levels based on 2010–11 school year (Must be age 4 by October 16, 2010)

Practice: Begin practicing late August; one practice per week; day and time TBD by coach.

Games: Saturday mornings, September 11–October 16

\$52; \$42 Shoreview Resident

\$62; \$52 Shoreview Resident (fee after July 27)

- Mini Mites CoRec, 4 Yrs-K Activity # 490208-01**
- Mites CoRec, Grades 1-2 Activity # 490208-02**
- Squirts CoRec, Grades 3-4 Activity # 490208-03**
- Squirts Girls, Grades 3-4 Activity # 490208-04**
- Pee Wee CoRec, Grades 5-6 Activity # 490208-05**
- Pee Wee Girls, Grades 5-6 Activity # 490208-06**
- Bantams CoRec, Grades 7-8 Activity # 490208-07**

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS

Wednesday, August 11

6:00 P.M. – 7:00 P.M. (Mites, Squirts, Pee Wee & Bantams)

7:15 P.M. – 8:15 P.M. (Mini Mites)

Shoreview Community Center

COACHES CLINIC

Saturday, August 14 1:00 P.M. – 2:00 P.M.

Commons Park Soccer Field (If raining, Comm. Center gym)

IMPORTANT FALL SOCCER INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player; no chain requests will be allowed. All teammate requests must be submitted by July 27. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the July 27 deadline.
- Practice days are chosen by the coach in mid August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week of August 16. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.



USA TEAM TENNIS JUNIOR TEAM

Ages 14 and under

Mondays and Wednesdays, June 14 – Late July
1:30 P.M. – 3:30 P.M.

\$86; \$76 Shoreview Resident **Activity # 390604-01**

Mounds View High School

A mid-level program for kids entering grades 5–9 who are comfortable with full-court match play. Juniors play on a Shoreview/Arden Hills team in a league with teams from neighboring communities. **Transportation not provided.** Space is limited.



USA TEAM TENNIS SENIOR TEAM

Ages 18 and under

Tuesdays and Thursdays; June 15 – Late July
1:30 P.M. – 3:30 P.M.

\$86; \$76 Shoreview Resident **Activity # 390605-01**

Mounds View High School

Players entering grades 9 through 12 who plan to play high-school B squad, Junior Varsity, or Varsity tennis are invited to play in this upper level traveling league. **Transportation not provided.** Shoreview and Arden Hills will team up in a league with teams from neighboring communities.

ADULT TENNIS LADDER

Ages 18 and up

June 14 – August 31

\$25; \$20 Shoreview Resident

Men **Activity # 220904-01**

Women **Activity # 220904-02**

Men 55+ **Activity # 220904-03**

Women 55+ **Activity # 220904-04**

Location decided by players

Looking to brush up on your tennis skills in some friendly competitive matches? Sign up to participate in Shoreview's Tennis Ladder. Play whom you want, when you want, and where you want! Participants must play one match per week. Results will be tracked and emailed to participants. Awards given to top finishers in each division.

Area Tennis Courts

Bobby Theisen

Vivian and Country Road E 3 Courts

Bucher

5900 Mackubin Street 2 Courts

Chippewa Mid. School

5000 Hodgson Road 5 Courts

McCullough

915 Country Road I 2 Courts

Shamrock

5623 Snelling Avenue 2 Courts

Shoreview Commons

4600 Victoria Avenue 2 Courts

Sitzer

4344 Hodgson Road 2 Courts

Wilson

815 County Road F 2 (lighted) Courts

TENNIS LESSONS

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons. Pee Wees meet for 45 minutes. Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

GROUP LESSONS

All group lessons \$54; \$44 Shoreview Resident

PeeWees

Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, PeeWees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

Junior Beginners

Ages 7 to 9

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

Junior Advanced Beginners

Ages 9 to 11

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

Junior Intermediate

Ages 11 to 14

For youth with dependable strokes who have completed advanced beginner class. Instruction will focus on court coverage, game strategy, stroke use and much more.

Adult Basics

Ages 18+

Brushing up on your tennis skills—or even just getting started—is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.

PRIVATE LESSONS

Five 1-hour Sessions

\$145; \$135 Shoreview Resident

Semi Rate: \$125; \$115 each for two Shoreview Residents

Youth **Activity # 390603-01**

Adult **Activity # 320903-01**

Semi **Activity # 390602-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.



GROUP TENNIS LESSON SCHEDULE

MORNING LESSONS

SESSION 1

Mondays and Wednesdays, June 14–30 OR Tuesdays and Thursdays, June 15–July 1
Make-up lessons will be held the week of July 5 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	MW	9:00–9:45 A.M.	Bobby Theisen	390606-01
Pee Wees	TTh	9:00–9:45 A.M.	McCullough	390606-02
Junior Beginners	MW	10:50–11:45 A.M.	Bobby Theisen	390607-01
Junior Beginners	TTh	9:50–10:45 A.M.	McCullough	390607-02
Junior Adv. Beginners	MW	9:50–10:45 A.M.	Bobby Theisen	390608-01
Junior Adv. Beginners	TTh	10:50–11:45 A.M.	McCullough	390608-02
Junior Intermediate	MW	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-01
Junior Intermediate	TTh	11:50 A.M.–12:45 P.M.	McCullough	390609-02

SESSION 2

Mondays and Wednesdays, July 12-28 OR Tuesdays and Thursdays, July 13-29
Make-up lessons will be held the week of August 2 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	MW	9:00–9:45 A.M.	Bobby Theisen	390606-03
Pee Wees	TTh	9:00–9:45 A.M.	McCullough	390606-04
Junior Beginners	MW	9:50–10:45 A.M.	Bobby Theisen	390607-03
Junior Beginners	TTh	9:50–10:45 A.M.	McCullough	390607-04
Junior Adv. Beginners	MW	11:50 A.M.–12:45 P.M.	Bobby Theisen	390608-03
Junior Adv. Beginners	TTh	10:50–11:45 A.M.	McCullough	390608-04
Junior Intermediate	MW	10:50–11:45 A.M.	Bobby Theisen	390609-03
Junior Intermediate	TTh	11:50 A.M.–12:45 P.M.	McCullough	390609-04

SESSION 3

Monday, Tuesday, Wednesday, August 9-11, 16-18
Make-up lessons held August 12 & 19 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,T,W	9:00–9:45 A.M.	Bobby Theisen	390606-05
Junior Beginners	M,T,W	9:50–10:45 A.M.	Bobby Theisen	390607-05
Junior Adv. Beginners	M,T,W	10:50–11:45 A.M.	Bobby Theisen	390608-05
Junior Intermediate	M,T,W	11:50 A.M.–12:45 P.M.	Bobby Theisen	390609-05

EVENING LESSONS

June 14-July 22

Make-up lessons held weeks of July 26 and August 2 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M	6:00–6:45 P.M.	Bobby Theisen	390606-06
Pee Wees	T	6:00–6:45 P.M.	Bobby Theisen	390606-07
Junior Beginners	T	7:00–7:55 P.M.	Bobby Theisen	390607-06
Junior Beginners	Th	6:00–6:55 P.M.	Bobby Theisen	390607-07
Junior Adv. Beginners	Th	7:00–7:55 P.M.	Bobby Theisen	390608-06
Junior Intermediate	W	7:00–7:55 P.M.	Bobby Theisen	390609-06
Adult Basics	M	7:00–7:55 P.M.	Bobby Theisen	390601-01
Adult Basics	W	6:00–6:55 P.M.	Bobby Theisen	390601-02

Start your spring by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 7 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

THE BASICS OF GOLF

\$79; \$69 Shoreview Resident

Mondays, 5:30 P.M. – 6:30 P.M.

June 7, 14, 21 **Activity # 320601-01**

Mondays, 5:30 P.M. – 6:30 P.M.

July 12, 19, 26 **Activity # 320601-02**

This beginner course introduces you to the fundamentals of the pre-swing, full swing, putting and chipping with a strong emphasis on how to practice effectively. These 3- session hour-long lessons will have two goals, to have fun and learn golf for long-term enjoyment.

INTERMEDIATES – THE PROGRESSION OF LEARNING GOLF

\$79; \$69 Shoreview Resident

Wednesdays, 6:45 P.M. – 7:45 P.M.

June 9, 16, 23 **Activity # 320602-01**

Mondays, 6:45 P.M. – 7:45 P.M.

July 12, 19, 26 **Activity # 320602-02**

For those with some golf experience and understanding but want to challenge yourself to learn more and improve your scores. With increased skills always comes greater fun! Three 1-hour classes will expand on the fundamentals of putting, chipping, the full swing and mental skills.



JUNIORS – GETTING IT RIGHT THE FIRST TIME!

\$69; \$59 Shoreview Resident

Mondays, 4:30 P.M. – 5:15 P.M.

June 7, 14, 21 **Activity # 390701-01**

Wednesdays, 4:30 P.M. – 5:15 P.M.

July 14, 21, 28 **Activity # 390701-02**

Do you wish for your child to ingrain proper golf habits, which will not need correcting in the future? Learning the fundamentals of putting, chipping, full swing and fun ways to practice them correctly will transition good junior learners into future great adult golfers! Don't miss this opportunity. Three 45-minute classes are designed for kids ages 7 to 15.

PLAYING THE GAME – SKILL DEVELOPMENT ON THE COURSE

\$139; \$129 Shoreview Resident

Wednesdays, 6:45 P.M. Start

July 14, 21, 28 **Activity # 320603-01**

The ultimate challenge of golf is to consistently improve your scores on the golf course. Designed for golfers with some experience or have taken an Island Lake course before, this class takes you out for 9 holes under the guidance of a trained instructor. A tee to green experience, you will learn golf etiquette, club selection, playing from unlevelled ground, long grass and much more. Three 90-minute sessions for ages 16 and up.

Questionable weather for Island Lake:

Please contact our Pro Shop at 651-787- 0383 to see the status of you lesson. If your lesson has been cancelled, the instructor will provide specific information on when it is to be rescheduled.

Other opportunities at Island Lake Golf and Training Center

Island Lake has many different leagues for you to join, including Junior, Beginners, Women's, Men's, Mixed-Adult and corporate leagues. Please contact the Island Lake Pro Shop at 651-787-0383 for more information.

SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

Park Hours

Monday–Friday

3:30–8:00 P.M. School Year

9:00 A.M.–8:30 P.M. Summer

Saturday

9:00 A.M.–7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

Sunday

9:00 A.M.–5:30 P.M. School Year & Summer

Hours subject to change.

Rules

- Bicycles and scooters are not permitted on the skate park.
- For your safety, helmets, knee and elbow pads, wrist supports, proper shoes, and other personal protection equipment should be worn.
- Tobacco, alcohol, and illegal use of drugs are prohibited.
- Profanity, loud music, and disruptive behavior are not allowed.
- Respect others; share the space.
- Keep the park clean—dispose of all trash in the proper containers.
- Skating privileges may be revoked for failure to follow the rules.

ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 9

June 14–August 5

\$64; \$56 **Activity # 370507-01**

T,W,Th **Adventure Quest Playground Sites**

Join us for this exciting new leadership program! We are looking for youth that will be entering 7th to 9th grade in the fall of 2010 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program. Those interested in participating will be asked to complete an application and meet with a program staff.

MORE TEEN PROGRAMS

Swim Instructor Aide	p. 29
Life Guard Training	p. 32
Group Fitness Classes (14 & older; 12 & 13 with an adult)	p. 36
Teen Conditioning	p. 38
Sports Performance Training	p. 38
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League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 to request registration information.

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 7 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of May 31. **Registration deadline is Monday, May 24 or until league is full.**



FALL SOFTBALL LEAGUE

We offer a variety of Softball Leagues for teams and players of different abilities and interests. Teams are registered with the MN Recreation and Parks Association (MRPA) and with United States Slow-Pitch Softball Association (USSSA). USSSA rules are used for all adult games.

Program Information

Teams must register for correct level. For example, a D team cannot play in the E league. Final league standing will determine league champions. Schedule consists of five weeks of double header games. League champs will receive USSSA Fall tourney berth. Balls and certified umpires are provided. Games are tentatively scheduled to begin August 8. Games will start at 5:50 P.M. **Register by Monday, July 26.**

Fall Softball League Information

Double Header Leagues	Day	Team Rate	Activity#
CoRec D	Monday	\$375	420801-01
Men's E	Tuesday	\$350	420802-01
Men's D	Wednesday	\$350	420803-01
CoRec D	Thursday	\$375	420801-02
Men's E	Friday	\$350	420802-02
CoRec D	Sunday	\$375	420801-03

Softball League Descriptions

Men's D

Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per game.

Men's E / CoRec D

Good or new teams. Players are not as competitive as in above levels, may be older, and have less experience or ability. Three home runs per game. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.





FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on page 33.

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.
Sundays 8:00 A.M. – Noon
Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

55+ DROP-IN BASKETBALL

Wednesdays 11:00 A.M. – 12:00 P.M.
Daily admission fee required for non-members

Shoreview Community Center Gym, North Side

Shoot baskets or join a pick up game arranged by the players.
Call 651-490-4750 for additional information.

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, June 21, July 19 and August 16 from 9–10 A.M.** in our Fireside Lounge.

FREE! ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required

Bridge

Thursdays at 12:30 P.M. No sign up or partners required

Bingo

With prizes! Last Wednesday of the month (June 30, July 28, August 25) at 1:00 P.M. (\$0.25 per card-no min/max cards)

American Hand and Foot

Wednesdays, June 2 – August 25 1:00 P.M. – 3:00 P.M.
No cards April 7



FOOT CARE CLINIC

First Wednesday/Monthly . . . Appointments between 9:00-3:00
\$34 (\$17 deposit due at time of reservation)

Now at Arden Hills City Hall

June 2, July 7, Aug 4

A licensed and insured healthcare nurse will conduct a foot-care clinic by appointment only. Basic foot care will be provided by Footworks; includes foot soak, removal of minor corns/calluses, nail trim, and massage for circulation. Sign up for this activity in person at the Arden Hills Parks and Recreation desk to select appointment time. For additional information, please call 651-792-7800. A deposit of \$17 is due to reserve an appointment. Balance is due at time of service.

ADULT TRIPS

GRANDPARENTS – GRANDCHILDREN DAY

June 29 . . Pick up Shoreview Community Center at 6:45 A.M.
\$39.95 **Activity # 300301-01**

Bring your grandchildren along for a FUN DAY! We will begin our tour at the Red Wing shoe factory to see how their famous boots are made. Then we will go to their museum where you will see the world's largest boot. Lunch will be a picnic in Colville Park Shelter. Broasted chicken, potato salad, baked beans, brownies and lemonade are on the menu. After lunch we will continue on to Wabasha to the National Eagle Center to get up close and personal with their in-house Eagles. Our tour will end with a visit to the Lark Toy Company in Kellogg. Show the kids some toys of yester-year and take a ride on their hand carved carousel (\$1.00)

CRAZY LADIES' HOUSE

August 6 Pick up Shoreview Community Center at 8:50 A.M.
\$45 **Activity # 300301-02**

After a visit to the Hinckley Fire Museum we will continue on to the Crazy Ladies House at Mora. You will enjoy a "Lunch in a Purse" (The Diva Deluxe: Black Forest Ham, sliced thin and piled high, topped with Swiss cheese, a fresh lettuce leaf, and their own special honey mustard spread, all on a freshly baked French Croissant, plus chips, dill pickle spear, "made from scratch" Diva Dessert Bar or Cookie, and a soft drink or bottled water. You will have time to browse and shop in their many shops and gardens. Then we will make our final stop in Braham, the Pie Capital, where there will be many craft booths, and, of course, PIE!!! (Your choice on your own) A FUN DAY!

SHORELINERS

Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 50+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

Interested in joining?

Send \$10 for 2010 annual dues to:
Bev Stilwell, Treasurer
500 W Cty Road J
Shoreview, MN 55126

Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

2010 Shoreliner Calendar

Detailed information on these events will appear in future issues of the Shoreliner Newsletter. The dates of these events are tentative depending on the availability of tickets, show times and transportation. These events are subject to change. Registered Shoreliners have priority in registering for these events. General public and guests of registered Shoreliners are able to attend for a slightly higher fee. To belong to the Shoreliner Club one does not need to be a Shoreview resident.

June 2	Chanhassen – Footloose
July 21	St. Croix River Cruise
August 18	Running Aces Harness Track/Dinner
September 15	To Be announced
October 5	Science Museum – The Dead Sea Scroll
November 16	To Be announced
December 21	Holiday Luncheon
January 18	2011 Planning Meeting & Entertainment



THE ADAPTIVE RECREATION CLUB

The Adaptive Recreation Club is a joint effort between the Parks and Recreation Departments of Arden Hills, Mounds View, New Brighton, Shoreview, Vadnais Heights, and School District #621.

The club is designed primarily for teens, ages 13 and up, who have mild mental and/or physical handicaps and are receiving special educational service through School District #621. The program meets twice a month (for a total of 8 times). The teen club meets on Friday nights from 7–9 P.M. and provides a variety of indoor and outdoor recreational and social activities such as sport night, hayrides, field trips and movie nights. The fall session runs September through December. The spring session runs January through May. Instructor ratio is 1 to 6. For program and fee information, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.



NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 14 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320701-02**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your friends and family members, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are self officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 7. **Registration deadline is Friday, May 28 or until league is full.**

COMMUNITY INFORMATION

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.



ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
www.iyhaleague.org

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Hockey Assoc.
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
www.mvsafastpitch.org

Mounds View Rugby Club
Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Iron Mustang Wrestling
612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
612-817-5159

JOBS THAT FIT YOUR LIFESTYLE!

FREE Parking
Direct Deposit and
Community Center
Membership!

Part-Time • Flexible Hours • Fun People

Adventure Quest Playground Instructors

Lead pre-school & elementary age children in summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June–early Aug. Daytime hours. \$8 –\$10/hour.

Adventure Quest Playground Coordinator

Oversee summer playgrounds program including program development, staff supervision and communication with parents. Background in Parks & Rec. and supervisor experience preferred. 8 A.M. – 4:30 P.M. June–Aug. *Must be willing to commit for entire summer.* \$10.50–\$12.50/hour.

Child Care Attendants

Provide care for children ages 6 months to 8 years. Experience working with pre-schoolers preferred. M–F Daytime hours 8:30 A.M. – 12:30 P.M. and Evening hours 4:00 P.M. – 8:00 P.M. Saturday 8:30 A.M. – 12:30 P.M. \$7.50–\$8.75/hour.

Concession Attendants (Wave Cafe)

Prepare food orders, operate cash register, clean work and eating areas, stock supplies. \$7.25–\$8/hour depending on experience.

Fitness Instructor

All formats, including, adult step, high-low impact, water exercise and dance-based fitness classes. Certifications preferred. Morning, afternoon and evening hours available.

Gymnastics/Tumbling Coordinator

Oversee gymnastics and tumbling class program including program development, staff supervision and communication with parents. Previous teaching experience required. Previous supervisory experience and lesson planning preferred. Saturdays, \$10.50–\$12.50/hour.

Kids Yoga Instructors

Teach Yoga concepts through games and stories, including poses, breathing, and visualization. Must have High School diploma/equivalent and knowledge of safe Yoga practices. Yoga certified and experience working with children preferred. Saturday afternoons. One hour classes + prep time (ages 5-8 and 9-12). \$18.50–\$25/hour.

Lifeguards (we will train Ellis Certification)

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hours. Current certification or we will train. \$8–\$10/hour.

Personal Trainers

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, & motivation to Shoreview fitness participants. Design safe, effective workouts & work on general health, sports specific conditioning, and general rehabilitation. National Training certified or exercise science/health degree desired. \$17–\$20/hour.

Service Desk

Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions when needed. \$7.75–\$8.50/hour.

Summer Discovery Child Care Coordinator

Oversee summer child care program. Duties include program development, staff supervision, communication with parents. Previous childcare or youth instruction experience required. Background in elementary education and supervisory experience preferred. Weekdays, Monday–Friday shifts vary between 6 A.M. – 6 P.M. *Must be willing to commit for entire summer.* May–August. \$12–\$14/hour.

Summer Discovery Child Care Instructors

Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts and crafts to sports instruction. Weekdays Monday-Friday, hours vary between 6 A.M. – 6 P.M. *Must be willing to commit for entire summer.* Early June–August. \$8–\$10/hour.

Swimming Instructors (WSI & Other)

Swimming instructors needed for morning, afternoon and evening lessons at the Community Center and Chippewa Middle School pool. Current certification required or we will train. \$8–\$12/hour. (30-40 minute classes)

Tennis Instructors

Instruct youth and adults in beginning & advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings & Saturday mornings, April–May. Summer positions, June–August also available. \$10.50–\$12.50/hour depending on qualifications.

Shoreview Parks & Recreation

4580 North Victoria Street, Shoreview, MN 55126

651-490-4750 | Job Line 651-490-4637 | www.shoreviewmn.gov

The City of Shoreview is an equal opportunity employer.

Shoreview Recreation Areas Web Page: www.shoreviewmn.gov	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1										1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1										1		2	
Chippewa Middle School 5000 Hodgson Rd		3											2		5	
Emmet Williams Elem. School 955 Cty Rd D—Between Lex. & Cty Rd D		2														
Island Lake Elem. School 3555 N. Victoria—Victoria & Cty Rd E		2														
Lake Judy Park 900 Tillerun – Arboast & Richmond	5		1/2													
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1										1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1															
Rice Creek Fields 5880 Rice Creek Parkway	10	4														
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1										1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1										1		2	
Sitzer Park 4344 Hodgson	8	2	1												2	
Snail Lake Elementary School Highways 49 and 96		2														
Turtle Lake Elementary School Country Road I & Lexington		2														
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1												2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500. www.co.Ramsey.mn.us	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											

NATIONAL GET OUTDOORS DAY

June 12th, 2010

Various Ramsey County Parks

National Get Outdoors Day is a new annual event to encourage healthy, active outdoor fun. Ramsey County will offer opportunities for families to experience traditional and non-traditional types of outdoor activities.

Visit www.co.ramsey.mn.us for more details.

Summer Registration Schedule

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

Tuesday, April 20

On-line registration for residents begins at 8:00 a.m.

Tuesday, April 27

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

Annual Community Center Member Registration

Tuesday, April 27

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

General Registration

Anyone may register at this time. No residency or membership required.

Thursday, April 29

On-line registration begins at 8:00 a.m.

Tuesday, May 4

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

Register Early!

Space is limited in most activities.

Registration Information

For registration forms, see pages 62.

- Drop-off points include:
 - The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - The Shoreview Community Center Service Desk, (for hours, see page 18)
 - The after-hours payment box, to left of front door of City Hall.
- Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Activity fees may not be pro-rated.
- Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
- Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 27 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
- Refunds may be issued when requested 5 working days before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
- Financial aid for qualifying residents with financial limitations is available.
- Voice/TDD: 651-490-4750.
- Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

EASY 5 WAYS TO REGISTER

- On-line payment by Visa & MasterCard only
- Mail-in
- Fax 651-490-4797 payment by credit card only
- Drop-off
- In-person





Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126
Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website www.shoreviewmn.gov

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE)

FIRST

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

WORK PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT NAME

PHONE (AREA CODE)

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee

REFUND POLICY Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.

Total Amount Enclosed \$

CONFIRMATION Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member? ☐ Yes ☐ No

Have you registered for classes here before? ☐ Yes ☐ No

Have you moved recently? ☐ Yes ☐ No

Please include your Client ID# (if you know it): _____

YOUTH SPORTS LEAGUES

Special Requests for Teammates are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

I would like to coach _____

Name of teammate request _____

School child attends _____

Grade _____

T-Shirt Size _____

PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # _____

☐ Credit Card:



Checks payable to City of Shoreview.

Card # _____ Exp. Date _____

Signature _____

☐ Billing address is different from above (Please include billing address)

To better serve our participants, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

WAIVER FOR PARTICIPANT In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

Signature: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.



Shoreview Farmers' Market

Tuesdays July 6 – October 5 3:00 P.M. – 7:00 P.M.
October 12 & 19 3:00 P.M. – 6:00 P.M.

Shoreview Community Center, Parking Lot
4580 Victoria Street North

The market is a weekly summer event that brings the community together featuring local fresh produce, hand-crafted artisan items, live entertainment and activities for all ages and much more!

Community Table

A community space is available to charity and non-profit organizations at no cost, for fund-raising, promotional and educational purposes. For More Information contact Lesley Young, Market Manager at 651-490-4734 or lyoung@shoreviewmn.gov.

Market Manager's Information Booth

Located at the East entrance, pick up information on the market or any Park and Recreation program, ask questions, sign up for the weekly basket giveaway or give feedback/suggestions.

Special Events

July 6 Thank You Berry Much

Mayor Martin wants to say thank you for shopping the Farmers Market! Stop by and say hello and receive your tasty berry treat! Live entertainment.

August 3 Puppets, Pies and Prizes

This market is for the kids! Join us in the market from 4:00 P.M. – 5:00 P.M. for a puppet show from our puppet wagon, enjoy a piece of pie, face painting, games and much more!

September 21 Hot Stuff Salsa Contest

Back by popular demand! Enter our popular salsa competition. Winners receive a bountiful baskets stuffed with ingredients to make great salsa. Drop off your salsa at the market manager's table by 4:00 P.M. Mark your salsa MILD/MEDIUM/HOT/FIRE Judging will be at 5:00 P.M. Live entertainment.

October 19 Harvest Festival

October is the best month to stock up your pumpkins, gourds and fall vegetables! Join us in celebrating the last day of the market with a tasty autumn treat.



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126



SHOREVIEW'S FRIDAY NIGHT FLIX

The Shoreview Commons Pavilion is turning into an outdoor theater on Friday nights in August. Enjoy watching a popular movie by moonlight with your friends, family, and neighbors.

August 6	Cloudy with a Chance of Meatballs	PG
August 13	Mamma Mia!	PG-13
August 20	The Wizard of Oz	G
August 27	Twilight	PG-13

FREE!

Bring your lawn chairs and blankets.
Concessions will be available at the Wave Café in
the Shoreview Community Center.

**STARTS
AT DUSK
8PM/8:30PM**

Parents are recommended to review the ratings and decide if the film is appropriate for their children.
The area will be treated by Metropolitan Mosquito Control prior to each event,
however, bug spray may still be useful.